Spiritual Science Decoded/Self Enquiry mechanism/ VIPASSANA PRACTICE GUIDE / VIPASSANA TECHNIQUES/ Krishna consciousness- Updated:SunilDudia- 11-Jan-2025/ +919699272771]

#SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia #phenomenon #insightmeditation #BodyScanOnSensationsTopHeadToBottomFeet #KRISHNAconsciousness

#PathToSelfRealization #SELFREALIZATION

. LAST UPDATED ON [11-Jan-2025]

Those who are using this document to understand and practice spiritual science/VIPASSANA shall know that, this is my 5-6 years of original work that I continue to share for the benfit of all. Some of you may write your own books after getting information from this document as long as the there is a RIGHT INTENT as I believe that spiritual knowledge shall be/can be, spread by all/anyone, with the right intentions, nevertheless, please show gratitude to the knowledge that you all learned from this document, which has been presented well organised due to my in depth research

abilities which I use to bring the TEXT written by me, that you shall find nowhere else.

THIS DOCUMENT [Spiritual Science Decoded [Direct Enlightenment path decoded]//VIPASSANA PRACTICE GUIDE], IS IN PROGRESS and NOT YET COMPLETE TO BE SHARED WITH ANY ONE YET [can be shared or PUBLISHED for non-commercial use by anyone, only for learning purposes]: Please therefore; use it only for reference and constant update shall be made as and when I get time to complete it after SELF EXPERIENCE and VERIFYING of every module of VIPASSANA and "Krishna consciousness" , I talk about in this blog post; I am only putting across the explanation after SELF-REALIZATION of specific module: LAST UPDATED ON [11-Jan-2025].

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A SUPPLEMENT GUIDE to VIPASSANA MEDITATION SUMMARISED: What you MUST know before you shall start VIPASSANA MEDITATION as taught by VENERABLE Shri S N Goenka Ji:

LAST UPDATED ON [11-Jan-2025]

#vipassana #SpiritualScience #buddha

#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia

NOTE-4-sep-2023: I request all those reading my blog posts to "NOT follow ANAPANA explanation as written in my blog posts", and they shall only follow the process and steps as taught by the teacher during the vipassana course.

NOTE: I request all those reading my blog posts to "NOT follow ANAPANA BREATH MEDITAION explanation as written in my blog posts", and they shall only follow

the process and steps as taught by the teacher during the vipassana course.

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WHO CAN LEARN VIPASSANA? Does one become BUDDHIST if they undergo VIPASSANA COURSE?

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In my personal view, VIPASSANA is just like any other subject of medical science or regular subjects like maths or science that would be taught by a learned teacher, only in the case of VIPASSANA, the teacher was BUDDHA, who as per my knowledge, rediscovered the spiritual science methods of VIPASSANA, and then went on to teach them to anyone who wanted to learn it.

Monks and people in general; this is what you shall say to people in general, in my view:

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If there was a class of students from different religions, communities and languages and if this class of students were TAUGHT subjects of SCIENCE and MATHS BY SPANISH MAN OF JEWISH/HINDU ORIGIN, then, would the class of students become JEWISH/HINDU if taught by this MAN?

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NO, the students are just learning science and maths and not becoming Jewish/Hindu just because the subjects were taught by a Jewish/Hindu man.

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Similarly, when one learns VIPASSANA as UNDERSTOOD AND TAUGHT BY BUDDHA, one does not become Buddhist. They only learn SPIRITUAL SCIENCE methods as learnt, understood and taught by GREATEST TEACHER OF SPIRITUAL SCIENCE that was BUDDHA.

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Thus, one shall take learning’s of VIPASSANA knowing well that VIPASSANA has no connection with religions, communities or languages.

Just like an AIR can be BREATHED or INHALED by one and all, similarly VIPASSANA CAN BE learnt and taught by all.

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ONE MUST NEVER associate VIPASSANA MEDITATION TECHNIQUES with expectation of any cure. In VIPASSANA any expectations are known as SANKHARA or MENTAL DEFILEMENT and hence if we perform meditation with expectations of any kind, then we will end up creating mental defilements rather than benefiting from the meditation technique.

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However, there are steps and techniques once a SADHAK becomes experienced VIPASSANA FOLLOWER, and if followed properly may benefit the SADHAK immensely in terms of mind and body issues, but one MUST NEVER indulge in VIPASSANA MEDITATION PROCESS by associating it with cure methods or with any kind of expectations.

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The VIPASSANA TECHNIQUE is SO POWERFUL that SADHAK benefits a lot when they follow VIPASSANA on daily basis, but NO SADHAK must take up VIPASSANA for the purpose of resolving their medical or other issues. These benefits will follow automatically though when one performs VIPASSANA on daily basis.

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SOUL or JUST EXISTENCE as CONSCIOUSNESS? Journey of SOUL V/S Journey of CONSCIOUSNESS- March-24-2024
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Monks;

Although my initial understanding was established as "CONSCIOUSNESS appearing as different name and forms", as per their FEATURES of **CONSCIOUSNESSES** acquired in present BIRTH CYCLE OF the BODY or the present Appearance of the EXISTENCE-FORM aka CONSCIOUSNESS, NEVERTHELESS, I ventured into the area of **SOUL CONCEPT** so that I could understand and explore the SOUL CONCEPT and its reality.

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My understanding of 3 MAKS of existence as taught by the blessed one [BUDDHA] is clear, but these additional areas of understanding are only done to seek and understand various concepts of spiritual topics

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As of now we are very clear that there is a MATERIAL-FORM, there is SUBTLE FORM- aka MATERIAL_CONSCIOUNESSES PLUS(+) EGO_CONSCIOUNESSEs reflected back to the WITNESS-CONSCIOUSNESSEs, and then there is a CAUSAL form aka the WITNESS BODY with its own WITNESS-form_INNER_VISION, WITNESS-form_WISDOM with GUNA'S, WITNESS_CONSCIOUNESSEs and WITNESS-form_EGO and that various STRONG CONSCIOUSNESSES that we collect in the present cycle of BIRTH and DEATH of the body or material-form, and UPON DEATH of the body, this STRONG CONSCIOUSNESS are reflected back to the WITNESS_FORM and are carried forward to the NEXT APPEARANCE of WITNESS-form, thus various CONSCIOUSNESS carried forward through the WITNESS-FORM are carried forward to the NEW BODIES as per the FEATURES of the WITNESS_CONSCIOUNESSES that needs to be resolved as per their features.

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Monks, Craving for the sea gets you one of the sea-animals-body, craving or attachment for a DOG gets you a dog-animal-body in the next birth, wanting to become a businessman or pilot or minister gets you a human body in the next birth or appearance of eternal CONSCIOUSNESS in various name-forms as per the strong consciousnesses collected in present life cycle.

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The JOURNEY SO FAR - Starting from the 10 days Vipassana Course in the year July 2018 - Document Date- Oct-20-2023
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Completed 10 Days Vipassana course in July 2018

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After the VIPASSANA course- The knowledge that I have hit upon a REAL AND FINAL Spiritual Science Path to NIBBANA and SELF REALIZATION.

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Downloaded several PDf files on BUDDHA's teachings 'Art of Living' 'Art of Dying' 'Sattipatthana sutta [Sattipatthana sutta is considered to be the summary/Crux of vipassana]' '5-KHANDA' etc; read them several times.

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Decided to come out with my own version of learning which will help SADHAK's learn vipassana techniques in a more simple step-by-step guided form.

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ANAPANA breath observation within nose meditation helped the mind which was clogged and always running like a wild horse, to get released and come to still and tranquil. [LATER, I had to let go of this step due to my dormant TINNITUS issue that aggravates due to vibrations that start on nose tips or upper lip during ANAPANA breath observation at nose door/upper lips, instead, now I CHANT "HARE KRISHNA MANTRA" for 20-30 minutes to bring my mind to STILL and TRANQUIL before starting Insight meditation/VIPASSANA Body scan]

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Understood OBJECTIVE OBSERVATION and EQUANIMITY as 2 tools that are used THROUGHOUT VIPASSANA TECHNIQUES.

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Understood 4 noble truths, 8 noble path and 12 DEPENDENT Links which summarise how the WHEEL OF BHAV SAMSARA can be brought to end or still.

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Understood how to observe SENSATIONS, being alert to their arising 24/7, and must be observed with equanimity as soon as they are seen arising in any form. So when sensation of Fear arises; with their inner vision or mind's eye, one immediately observes their effect on body parts being affected with sensations of fear, holistically along with quick body scan from top of head to bottom feet and reverse, seeing, moving their inner vision quickly across the body not stopping at any location even for a second, starting FIRST from the body parts being affected with sensations of fear along with with quick body scan top to bottom and reverse.

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Insight Meditation or VIPASSANA BODY SCAN to observe sensations and feelings on body parts while scanning through the mind's eye or inner vision from top of head to bottom feet and reverse making sure to NOT stop or take a pause even for a second anywhere on body part being walked over with inner vision.

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Learning of 5-KHANDA's (Form, feelings, perceptions, volitional acts, CONSCIOUSNESS) [known as SANKHYA YOGA in Bhagavada Gita], these are elements of SELF visible as no-self to the mind or inner vision.

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Learning about Mental contents {mental images, thoughts] as NO-SELF [void] whose base is 6 sense media or what is known as acquired MATERIAL NATURE, and past CONSCIOUSNESSES whose base is elements of SELF that are visible as no-self to the mind, and Gross Body Sensations [impermanent] whose base is SELF with physical elements (earth, fire, air, sky, water).

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Learn about 5 mental hindrances (Guilt, sloth and torpor, sensual desires, aversions, doubt)

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Initial understanding of how to observe MENTAL CONTENTS and Body SENSATIONS and PHENOMENON. While Mental contents are 'no self' as their source is the mind which is a collection of CONSCIOUSNESSES from birth till date, Gross Body sensations are based on the SELF that is in physical form i.e. this body with 6 sense media.

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Understanding that arisen CONSCIOUSNESSES (fear, anger, panic, phobia, depression, feeling of disrespect or humiliation etc.) can be let go as MATERIAL NATURE not worth engaging, while Body Sensations (Cut, wound, pain, sweat, hunger, itch, tingling pain etc.) are observed with equanimity and objectively as ANICCA or impermanent nature of body sensation that arise, persist for a while and cease till they have been resolved.

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Understanding of PHENOMENON that are in a state of flux over which BEINGS have no control and they must be handled in such a way that craving/aversion/delusion (i, me, mine or them) and clinging does not arise after any interaction with worldly objects or phenomenon that arise and cease on day to day basis.

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Learning of how to STOP cycle of birth-suffering-death by NOT creating CONSCIOUSNESSES that are afflicted with craving/aversion/delusion (i, me, mine or them) and clinging.

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Learning of difference between what is SELF with No-SELf or 5 KHANDA-elements [Mind), and What is SELF with Physical element (Body).

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TRANSCENDED mind as MATERIAL NATURE not worth engaging and must be let go immediately as soon they are seen arising, Body Sensations as ANICCA/ANITYA/of Impermanent nature, and to be observed with equanimity at the source location of body part, moving within inflicted body part, not taking pause even for a second, simply walking inner vision over every sensation as part of body scan, making sure to start body scan from un-inflicted body part to inflicted body part - again back to un-inflicted body part when walking mind'e eye or inner vision to scan for body sensations. TRANSCENDED PHENOMENON with the understanding that every phenomenon or incident or WORLDLY INTERACTION that is thrust upon us, must be faced in such a way that there is NO craving/aversion/delusion (i, me, mine or them) and clinging arise after any interaction with worldly objects or phenomenon on both sides , ours as well towards the worldly object of interaction.

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Learning about MAterial Nature and Spiritual Nature.

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A SADHAK, who trains himself to see CONSCIOUSNESSEs/SENSATIONS as separate entities, detached from the body, 'does not consider the body to be present' and simply observes sensations/CONSCIOUSNESS 24/7 as

detached /isolated entities will eventually be able to see himself as JUST THE CONSCIOUSNESSES as the first step towards SELF REALIZATION.

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This path to SELF REALIZATION is the same as knowing oneself first as iPhone / BODY, then knowing oneself NOT as iPhone/Body but as Software-Apps / CONSCIOUSNESSES and finally knowing oneself as Handler/Operator of iPhone-Software-Apps aka HUMAN-BEING/ NAME-FORM-CONSCIOUSNESSES aka the SOUL;

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What is objective observation and equanimity? An objective observer simply observes, DETACHED, all things as they are, without giving any opinion, does not give any emotional reactions, maintaining absolute equanimity by not creating any craving or aversion OR REACTION, towards the object of interaction or meditation (breath, phenomenon, sensations, mental hindrances). An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING.

An Objective observer applies DETACHED AWARENESS.

It is understood that when one REACTS, he generates sankhara or mental defilements, but when one RESPONDS with AWARENESS, that every interaction with outside objects, or phenomenon, must not give rise to craving or aversion, then one has understood EQUANIMITY. Thus, one shall RESPOND WITH AWARENESS and AVOID REACTING **or creating AVERSION** to any phenomenon or interaction with outside objects or persons, sensations, or mental hindrances, and when doing so he makes sure not to give rise to craving or aversion of any kind, **this is EQUANIMITY as understood by sadhak.**

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In General; During the INSIGHT MEDITATION/Vipassana body scan method to observe SENSATIONS/Feelings on the body, the following example shall be applied to observe sensations and feelings:-

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Just as, "when walking on hot coals, one must walk swiftly without pausing even for a second, and if one keeps the feet on burning hot ash/coals even for a seconds pause, there is a chance of feet getting burnt, similarly one who observes sensations with inner vision moving over the sensations on affected body part, one must not pause even for a second on sensations, but they must keep their inner vision moving over the sensations being felt, slowly and swiftly, moving slowly within inflicted area of body part affected

by the sensations.
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AND; when no sensations are found, one then simply continues to scan the body from top head to bottom feet [including hands], and as soon as sensations are felt on any part of the body then one must then jump to scan the afflicted body part, moving their inner vision slowly and swiftly over sensations within the inflicted area of body part, making sure not to pause their inner vision even for a second on sensations. This is repeated till the sensations have mellowed down.
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A SADHAK works with the knowledge that ALL SENSATIONS are impermanent and they will cease anyway if SADHAK maintains equanimity, does not react to them, and continues to observe them objectively **and ALSO , making sure to ALWAYS start body scan from un-inflicted body part to inflicted body part with sensations - again back to un-inflicted body part when walking mind'e eye or inner vision to scan for body sensations**

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#VIPASSANA #BUDDHA #ANAPANA
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INSIGHT MEDITATION OR VIPASSANA body scan meditation

is the TOOL we use to ERADICATE ALL mental and physical DEFILEMENTS or SANKHARA as they are called in ancient PALI language, that have taken resident in our mind and body on account of IGNORANCE. Here IGNORANCE means, when one WAS NOT OBJECTIVE OBSERVER and WHEN ONE DID NOT SHOW EQUANIMITY and REACTED out of craving or aversion or delusion with respect to thoughts and phenomenon, which resulted in fabrication or formations i.e., SANKHARA or MENTAL DEFILEMENTS.

+++++ **The truth of suffering,**

is to be fully understood by a SADHAK, the craving and defilements which originate it are to be abandoned or let go, Nibbana as final goal from suffering is to be realised, and the Noble Eightfold Path that leads to deliverance is to be developed. The SADHAK, who has completed these four is the “Arahat”, the Liberated One, who has broken all bonds of binding to the round of becoming and lives in the experienced freedom of Nibbana and bliss.

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VIPASSANA BODY SCAN (How to)

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We can summarise ANAPANA MEDITATION as 3 steps:

ANAPANA Breath Observation in 2 sentences:- Observe the FEATURES (length, thickness, touch within nose walls) OF BREATH within nose perimeter, touch of air at nose doors and finally observe the movement of inhale and exhale at upper lips just below the nostrils**.**

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Vipassana body scan, is done in 2 steps:

Vipassana body scan, is done in 2 steps:

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a.

A SADHAK, having completed ANAPANA meditation steps as above for minimum required durations of at least 10-15 minutes, moves to Vipassana body scan and subsequent observation of **body sensation** DIRECTED BY MIND.

b.

c.

BODY SCAN LOCATIONS are in order of sequence, top of head, face, neck, shoulders, both hands, chest, stomach, abdomen, both legs, feet's, torso from behind, neck from behind and head from behind back to top of head.

d.

During Vipassana Body MANUAL SCAN, with closed eyes, a SADHAK fixes his mind's eye or inner vison at 'top of head', feels the entire scalp or head as the breathe pushes through scalp for 2-3 breathes, scans entire scalp [every centimeter] or head with mind's eye, hunts for any sensation on scalp or head, and if any sensations are found observes them for a second with chants of ANICCA or ANITYA, then moves to NEXT BODY PART for and repeats the same process again for face, neck, shoulders, both hands, chest, stomach, abdomen, both legs, feet's, torso from behind, neck from behind and head from behind back to top of head.

e.

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f.

STEP-1: - MANUAL BODY SCAN through inner vision or mind's eye from top head to bottom feet, covering every inch of body part through mind's eye, moving top to bottom, bottom to top, sideways top to bottom, sideways bottom to top, inch by inch initially, and then doing quick multiple QUICK sweeps in similar manner, top to bottom, bottom to top, sideways top to bottom, sideways bottom to top.

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In this case we MANUALLY try to observe or feel sensations during scanning every inch of body part area at location selected, we do not stop at any sensation or do sensation observation here, as soon as sensations is understood at location selected (top of head, face, neck, shoulders, both hands, chest, stomach, abdomen, both legs, feet's, torso from behind, neck from behind and head from behind back to top of head), we simple observe it for a second with equanimity and move to next body part location. What is important is that we must find or feel at least one sensation at body part location selected during body scan and as soon as at least one sensation is found and we have covered every inch of body part location scan with mind's eye, we move to next location.

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THIS MANUAL VIPASSANA BODY SCAN **MAY TAKE 10-15 minutes to 30 or more minutes depending on SADHAK's experience with body scan process. After the body scan is over, one may undertake ANAPANA meditation at nose doors and upper lips for at least 5 minutes and then move to observe body sensations "**DIRECTED BY MIND", **as last part.**

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The body scan "DIRECTED BY MIND", **is usually done in sitting position only but one can now move to observing body sensation** DIRECTED BY MIND**, either in sitting position or sleeping position to complete the whole process.**

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STEP-2: -MANUAL VIPASSANA BODY SCAN is now stopped. O**bserving body sensation "**DIRECTED BY MIND" process has now started. One may choose to do this either in sitting position or in sleep position [normally at this point, I choose to observe sensation in sleep position];

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BODY SENSATION observation is now started as DIRECTED BY MIND, moving from one sensation to another as directed by mind. This is ANICCA or ANITYA observation of SENSATION DIRECTED BY MIND, where one does not CHOOSE which sensation to observe. In this case a SADHAK focuses on MIND's direction to SELECT and observe the sensation and then SADHAK continues to observe that sensation with mind's eye with objective detached observation, maintaining absolute equanimity, does not react, does not create any passion, aversion, EGO(I, ME, MINE) with respect to sensation being observed, but at the same time SADHAK is alert to mind which may signal at certain time to move mind's eye to OBSERVE NEXT SENSATION, thus

leaving previous sensation to take a back seat. This way a SADHAK continues to move from one sensation to another as signalled by mind.

This BODY SENSATION observation DIRECTED BY MIND **is an experience of ANICCA OR ANITYA, may be done for at least 5-10 minutes or more, before closing the meditation process for good.**

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- VIPASSANA BODY SCAN after gross or subtle observation of air within nose or at nose doors [gross] or at nose tips or upper lips [subtle]. After ANAPANA for fixed minutes, we quickly move to VIPASSANA BODY SCAN from top to bottom.

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During Vipassana Body MANUAL SCAN, with closed eyes, a SADHAK fixes his mind's eye or inner vison at 'top of head', feels the entire scalp or head as the breathe pushes through scalp for 2-3 breathes, scans entire scalp [every centimeter] or head with mind's eye, hunts for any sensation on scalp or head, and if any sensations are found observes them with chants of ANICCA or ANITYA, then moves to NEXT BODY PART and repeats the same process again for face, neck, shoulders, both hands, chest, stomach, abdomen, both legs, feet's, torso from behind, neck from behind and head from behind, back to top of head.

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During Vipassana Body MANUAL SCAN, we just scan every inch or centimeter of body part for sensations, starting from head, scalp, entire face covering eyes, eyebrows, lips, facial skin both sides and ears, then move to neck, then chest, stomach, abdomen, both legs up to feet and REVERSE body scan from bottom to top, and both sides top to bottom and bottom to top, making sure that we have covered every inch of body part through MIND'S EYE or INNER VISION.

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The next step of body scan is not manual scan, but in this case, we let mind choose which body sensation to observe, and after the MANUAL BODY SCAN as above is over then one can move to

OBSERVING BODY SENSATIONS AS DIRECTED BY MIND, wherever they are felt as **"DIRECTED BY MIND'S EYE"**. If sensation is felt at toes, mind's eye must be directed exactly at location of toes, sensations that are alive at toes are observed with equanimity with chants of ANICCA or ANITYA, till the mind's eye has signaled to move to next sensation and we repeat the objective and equanimous observation of all body sensations with chants of ANICCA or ANITYA. If VIBRATIONS or WAVES are felt at any body part or whole of body, one shall close their eyes and with mind's eye and continue to observe these WAVES and VIBRATIONS with chants of ANICCA or ANITYA till they have mellowed down or stopped or till the mind has signaled to

move to next body sensation. After a period of 10-15 minutes or more one may decide to END the observation of body sensations.

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SENSATIONS can be observed in sleep position or in sitting position as one would like it.

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- PHENOMENON: What is phenomenon? Mental Hindrances are a phenomenon. Getting Hurt is a phenomenon, performing any type of work is a phenomenon, interactions with worldly objects, people, animals are a phenomenon, attending to a concert is a phenomenon and so on', phenomenon are always in state of flux, always changing and BEINGS have no control or choice so as to NOT WITNESS THEM. Beings are always surrounded by one or another phenomenon.

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AND WHY are these called phenomenon? Because they are being witnessed in "PRESENT MOMENT" in real time, interactions with phenomenon is cause and origination of element of 'SELF' and subsequent CONSCIOUSNESS that is NO-SELF, and BEINGS are thus collecting ELEMENT OF **SELF** [**FORM** or interaction with worldly objects, **FEELINGS** through CONTACT with 6-sense objects, **PERCEPTIONS** or evaluation of mind, and **REACTIONS** or volitional acts physical-verbal-mental] that will be COGNIZED into CONSCIOUSNESS that is 'no-self' or void or empty-dreamlike-an illusion, without any substance whatsoever.

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It is important that a SADHAK maintains SAMPAJANA [avoids cause of BECOMING i.e., "in Process Birth [like child in a womb]", of a NEW MISERY] throughout the entire interaction during the Ongoing specific phenomenon in real time, and does not create craving or aversion and also does not create an EGO by associating with ongoing phenomenon as I [I want to become or possess], ME [cling to self-] or MINE [established clinging] or THEM [other beings].

A SADHAK shall see a PHENOMENON as a PHENOMENON and not as I, ME or MINE or THEM. For example, if 'WORK' is a phenomenon, then SADHAK shall see it as "WORK" and NOT "MY WORK or their work", sees 'TASK' as 'TASK' and NOT 'MY TASK or their task', sees 'CONSCIOUSNESS 'as 'CONSCIOUSNESS 'and NOT 'MY CONSCIOUSNESS or their CONSCIOUSNESS 'and so on, thereby a SADHAK avoids any association with any phenomenon as I, ME or MINE or THEM. The entire phenomenon or interaction must be completed where NO passion, aversion or delusion with respect to I, ME or MINE or THEM are created on either side and NO EGO is attached by taking that phenomenon as I, ME or MINE or THEM.

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Each phenomenon is CONTEMPLATED for IMPERMANENT-UNSATISFACTORINESS and NO-SELF i.e., cognized CONSCIOUSNESS. For example, body sensations like anger, sensation of anxiety or fear, pain, cut, wound, mental hindrance like sensual desire, agitation, sloth and torpor that are felt on body are phenomenon that are seen as IMPERMANENT-UNSATISFACTORY while MENTAL CONTENTS like ill will, doubt, guilt, images, thoughts are a phenomenon that are NO-SELF or UN-Real or An Illusion as they are 'relayed back consciousnesses'.

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- (ANICCA or ANITYA)-SUFFERING-NO-SELF: All phenomena are contemplated for either **NO-SELF (**MENTAL CONTENTS observed as un-real-an illusion so worth abandoning) or BODY SENSATIONS (observed with chants of **ANICCA or ANITYA or IMPERMANENT**). SADHAK simply continues to observe sensation that is "selected by mind" in present moment and continues to observe selected sensation with chants of anicca or anitya till mind has SIGNALLED TO MOVE attention of inner vison to observe next sensation.

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ANICCA or ANITYA, is impermanent nature of SENSATION and that can be verified through observation of SENSATIONS along with bare minimum focus on mind, and as one continues to observe sensations with chant of 'anicca' or 'anitya' with equanimity without creating passion or aversion to sensations being observed., and here, while observing sensations, one is also alert to mind which may be trying or signalling to shift focus of inner vision to start observing next sensations and all a SADHAK does is to direct attention of their inner vision to next body sensation as dictated by mind and continue to observe next sensation with equanimity without creating passion or aversion to sensations being observed till the mind has again SIGNALLED TO MOVE to next sensation. One must apply '**full focus'** or attention on sensation being observed in PRESENT MOMENT as directed by mind.

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ANITYA or ANICCA is BEST experienced or VERIFIED through SENSATIONS that arise on body.

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ANITYA or ANICCA is an experience where A SADHAK does not choose which sensation to observe, but instead DIRECTED BY MIND, one focuses on SENSATION with CHANTS of either ANITYA or ANICCA with equanimity without creating passion or aversion to sensations being observed., and while the mind's eye or inner vision is observing the sensation with equanimity, inner vision is also alert to mind which may direct or signal us to move to NEXT SENSATION, thus previous sensation now takes a back seat and mind's eye moves to observe next sensation as directed by mind, till

mind has again SIGNALLED TO MOVE to next sensation. One must apply ‘full focus’ and attention on sensation being observed in PRESENT MOMENT as directed by mind.

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This SWITCHING OF MIND's vision to next sensation is a MOMENT OF "ANITYA or ANICCA", as we see impermanent nature of mind that focuses on ONE SENSATION for a WHILE before moving to next sensation and in this process previous sensation either mellows down or takes a back seat while the next sensation takes complete attention.

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Thus, ANITYA or ANICCA is nothing but IMPERMANENT NATURE OF MIND which focuses attention on one sensation at a time, and a SADHAK continues to move to next

sensation as directed by mind.

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- **5 KHANDA aka ‘NON-PHYSICAL’ elements of SELF** (form, feeling, perception, reaction [volitional acts-formations-fabrications], CONSCIOUSNESS.

BEINGS are thus forming or fabricating **‘NON-PHYSICAL’** ELEMENTS OF **SELF** [**FORM** or interactions with worldly objects, **FEELINGS** through 6-sense objects, **PERCEPTIONS** or evaluation of mind, and **REACTIONS** or volitional acts physical-verbal-mental] that will be COGNIZED into CONSCIOUSNESS that is no-self or void or empty-dreamlike-an illusion, without any substance whatsoever.

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- **CONSCIOUSNESS** [Aggregate of SELF], CONSCIOUSNESS is already COGNIZED **‘NON-PHYSICAL’** elements of SELF, and Aggregate of SELF is CONSCIOUSNESS which is no-self or void or empty-dreamlike-an illusion, without any substance whatsoever. Beings are collecting various forms of CONSCIOUSNESS from birth till date, CONSCIOUSNESS of EGO [I, ME, MINE or THEM], CONSCIOUSNESS of RELATIVES, FRIENDS, EDUCATION, WORK, and so on is being collected during lifetime interactions or CONTACT through 6 sense media.

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- **MIND** [Aggregate of CONSCIOUSNESS], MIND is collection of all types of CONSCIOUSNESS that is collected from birth till date through 6 sense media.

Impermanent nature of MIND is verified through body sensations, as one keeps moving from one sensation to another as directed by mind i.e., ANICCA or ANITYA is thus experienced as mind switches focus from one sensation to another leaving previous sensation to take a back seat. .

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Similarly, all mental contents are seen as no-self or void or empty-dreamlike-an illusion, without any substance whatsoever, so worth abandoning as soon as they appear; however mental contents can be used to perform wholesome actions like analyzing, planning etc. so that a task can be skillfully performed. Any unwholesome action like seeing mental content as real and creating sensations of anxiety, fear, anger, agitation etc is not allowed and so mental contents are best abandoned with KNOWLEDGE that they are un-Real and An Illusion.

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- 6 sense media [eye, ear, nose, tongue, mind and body]: - **6-sense objects** [eye, ear, nose, tongue, body and mind], through 6 senses there exists **CONTACT and subsequent FEELING [sensation] and FEELING or sensation**; in case of eye sees an object [visual sensation], in case of ear hears the voice [audio sensation], taste sensation through tongue and feels touch sensation through body, evaluates [perception] through mind, smell sensation through nose.

The PERCEPTION of FEELING or SENSATION is then evaluated into good, bad or neutral and any volitional acts towards feelings are cognized into CONSCIOUSNESS. The COGNIZED objects [CONSCIOUSNESS], as seen and interpreted by 6 sense impressions are again contemplated for IMPERMANENCE or NO-SELF.

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- 5 MENTAL HINDRANCES: “ill will or aversion”, DOUBT, SENSUAL DESIRE, Sloth and Torpor or AGITATION, guilt or remorse. If mental hindrance has created BODY SENSATION on affected body part, then one must FIRST undertake objective sensation observation method [with chants of ANICCA or ANITYA] at affected body parts to eradicate mental hindrance from the root.

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The SADHAK, simply observes objectively, whatever happens within the mind, whatever

mental phenomenon, whatever Dhamma (mental contents), without becoming upset, he or she accepts whatever the mind contains at this moment: craving or aversion, sloth and torpor or agitation, guiltiness or

skeptical doubts. He CONTEMPLATES them as “IMPERMANENT and NO-SELF’, And the law of nature is such that by observing them objectively and contemplating them as ‘no-self’ with chants of ANITYA (impermanence), one automatically eradicates these hindrances.

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Each **MENTAL HINDRANCE** is CONTEMPLATED for either IMPERMANENT-UNSATISFACTORINESS or NO-SELF i.e., cognized CONSCIOUSNESS. For example, mental hindrance like sensual desire, agitation, sloth and torpor that are felt as body sensation are phenomenon that are IMPERMANENT-UNSATISFACTORY and observed with chants of ANICCA-ANITYA, while MENTAL **HINDRANCE** like ill will, doubt, guilt is a phenomenon that are NO-SELF or UN-Real or An Illusion as they are relayed back consciousnesses and thus one does not react with unwholesome action against what is no-self or un-real.

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- 12 DEPENDENT LINKS:

The Noble Truth of the Extinction of Suffering is explained by the formula of Dependent Origination:

Reverse Order of Dependent Origination to explain the Cessation of Suffering

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i) Without Ignorance, there are no Volitional Activities (formations).

ii) Without Volitional Activities (formations), there is no Consciousness.

iii) Without Consciousness, there is no Mentality and Matter.

iv) Without Mentality and Matter, there are no Six Sense Bases.

v) Without the Six Sense Bases, there is no Contact.

vi) Without Contact, there is no Feeling.

vii) Without Feeling or SENSATION, there is no Craving. (THIS SNESATION, is the link between mind and body)

viii) Without Craving, there is no Clinging [**perception of feeling is getting strong here**]

ix) Without Clinging, there is no Becoming. [**misery is in incubation mode, like a child in womb**]

x) Without Becoming, there is no Birth. [**Birth of a misery**]

xi) Without Birth, there is no Decay, Death and Suffering.

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What is the conditioned arising method?

Ans: Conditioned by ignorance are the formations; conditioned by the formations, consciousness; conditioned by consciousness, name-form; conditioned by name-form, the six-sphered-sense; conditioned by the six-sphered-sense, contact; conditioned by contact, feeling [sensation]; conditioned by feeling, craving; conditioned by craving, clinging; conditioned by clinging [[perception of feeling is getting strong here]

], becoming. [misery is in incubation mode, like a child in womb]

, conditioned by becoming, rebirth [Re-Birth of a misery]; conditioned by rebirth, decay, death, sorrow, lamentation, pain, grief and despair spring up. Such is the origin of this entire mass of

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- 4 noble truths: The truth of suffering, is to be fully understood, the craving and defilements or aversion and EGO [I, ME or Mine or THEM], seeing mental contents ignorantly as REAL and NOT seeing BODY SENSATION as ANICCA or ANITYA, which originate it [suffering], are to be abandoned or let go, Nibbana as deliverance-final goal from suffering is to be realized, and the Noble Eightfold Path that leads to deliverance is to be developed.

- 8 noble path: Noble eightfold path: namely, right view, right aspiration, right speech, right action, right livelihood, right effort, right mindfulness, and right collectedness. The entire path must be travelled with EQUANIMITY without creating any ‘aversion or craving’ and EGO [I, ME or Mine or THEM] with respect to each path listed.

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- middle path: While “MARA, the EVIL ONE” keeps us busy between reaction of either CRAVING OR AVERSION and EGO [seeing any phenomenon as I, ME or MINE or THEM],towards any phenomenon we interact, mind keep’s us busy in ILLUSION in the form of ROLLING in UNWHOLESOME THOUGHTS, similarly SENSATIONS on body

keep us busy and on their arising we start to WALLOW in them, suffer the FEELING caused by them, and thus multiply the MISERY due to wrong reaction towards them. Being in MIDDEL PATH of neither craving nor aversion towards any interaction with phenomenon, outside object or person, contemplating them for impermanence [seeing body sensations as ANITYA] and no-self [seeing mental contents as void, empty, un-real, an illusion), ALLEVIATES or minimises the creation or birth of a misery to a greater extent.

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- SENSATIONS:

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Feelings [sensations]; in case of '**EYE'** CONTACT with VISUAL OBJECT, '**EAR'** CONTACT with VOICE OBJECT, '**NOSE'** CONTACT with SMELL OBJECT, '**TONGUE'** CONTACT with TASTE OBJECT, '**BODY'** CONTACT with TOUCH object, '**MIND'** CONTACT with MENTAL IMAGES and subsequent chain of thoughts as OBJECT;

In all above cases, with '**CONTACT'** through SENSE MEDIA, there ARISE SENSATIONS, and these sensations are further evaluated [perceiving] by mind as craving, aversion or neutral which subsequently results in volitional acts.

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To avoid creating misery with respect to sensations or mental thoughts, we have to do objective detached observation of 'body sensations at their exact arising location' or 'mental thoughts' that arise thereof contact of sense media with ANY OBJECT, to avoid creating SENSATIONS that are conditioned by craving, aversion or delusion with respect to I, ME or MINE or THEM [ego]. Mental content like thoughts is STOPPED or ABANDONED with knowledge that they are un-real, an illusion and there is danger of creating sensations of anxiety, fear, agitation etc. if we ignorantly respond to these thoughts and with this knowledge thoughts are just abandoned.

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Here, while doing an objective observation, a SADHAK sees SENSATIONS as SENSATIONS, MENTAL CONTENT AS MENTAL CONTENTS, and trains them not to identify sensations or mental contents with I, ME, Mine or THEM. He sees MENTAL CONTENTS AND SENSATIOS AS SEPARATE ENTITIES not tied to self, ego or any

other phenomenon. He simply sees them as RELAYED BACK CONSCIOUSNESS, i.e., NO-SELF.

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We have to understand clearly that we are afflicted not by outside objects [people, phenomenon etc.], but actually we are afflicted by BODY SENSATIONS and MENTAL THOUGHTS and any craving or aversion created in response to reacting to them is the cause of creation of misery in form of anxiety, agitation, fear, anger etc. in case of reacting to mental thoughts, and aggravated feeling of body sensations like pain, cut, wound when we fail to observe them with equanimity and detached objective observation. BODY SENSATIONS and MENTAL THOUGHTS must be observed with chants of ANITYA through inner vision.

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EACH MENTAL THOUGHT and BODY SENSATION MUST BE OBSERVED with EQUANIMITY and DETACHED OBJECTIVE OBSERVATION.

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In world of mind and matter, whatever occurs in MIND MAY HAVE SENSATIONS on body if one was not an objective observer. A MIND is connected to Body via SENSATIONS. SENSATIONS overlap field of MIND and MATTER (body). For this reason, observations of sensation, as we shall see, is a way to explore the mental-physical phenomenon in its entirety. This truth of ANICCA or ANITYA can be realized directly only by the experience of bodily sensations. With this realization comes the understanding that one has no control over the changes constantly occurring in the body – ANICCA.

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The Buddha discovered a technique by which as soon as an impurity arises, you observe it, and you are out of it. Nothing can arise in the mind without a sensation in the body. This is the law of nature. So, whenever passion or fear, anger, anxiety or depression arises there must be a sensation on the body. Every sensation, pleasant or unpleasant, gross or subtle, has the same characteristic, arising, passing away. So, this particular defilement that has arisen is also impermanent [ANICCA or ANITYA]. Let me see how long it lasts. It can't overpower you because you are observing it objectively and with equanimity. It becomes weaker and weaker and passes away.

Note: The objective observer will seek to record simply what they see without offering any opinion. An objective perspective is one that is not influenced by emotions, opinions, or personal feelings.

- **NO-SELF (void, empty, Illusion aka [5 'non-physical' element of KHANDA])**

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Feeling of MENTAL CONTENTS and BODY SENSATIONS, OCCUR due to already COGNIZED CONSCIOUSNESS. If a body part is hurt, a CONSCIOUSNESS is first cognized with respect to the defect. This COGNIZED CONSCIOUSNESS is what is RELAYED BACK TO MIND, and hence what we experience is actually NO-SELF, An Illusion, a relayed back awareness.

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Why is it called NO-SELF? All mental contents are no-self, because they are incapable of creating form, feeling, perceptions and volitional acts on their own, because they cannot perceive, they cannot perform volitional acts on their own. Can a mental image that is visible to the mind, perceive or evaluate on its own? Can it perform volitional acts on its own? But BEINGS, on seeing a NO-SELF, may get captivated and create elements of SELF and subsequent CONSCIOUSNESS and misery.

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'CONSCIOUSNESS' is aggregate of SENSE IMPRESSIONS collected through CONTACT of 6 sense media [eye, ear, nose, tongue, body and mind], when interacting with any worldly phenomenon. A 'BEING 'collects sense impression data as **'non-physical' element of SELF**" or KHANDA (form, feeling, perception, reactions-volitional acts-formations-fabrications) and Cognized "CONSCIOUSNESS**" is then RELAYED BACK TO YOU** as a SANKHARA (MENTAL DEFILEMENT in form of images or Bodily defect) or just a pure CONSCIOUSNESS.

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This "**RELAYED BACK CONSCIOUSNESS"** is NO-SELF-VOID-EMPTY in essence, but '**BEINGS'**, out of wrong habit pattern continue to be affected by these '**RELAYED BACK CONSCIOUSNESS' and respond to them as if they are happening in real-time, although the relayed back consciousness is nothing but just a mental image, dreamlike.**

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The HABIT PATTERN of a BEING must change from wallowing in sensation or mental content images to instead objectively observing them as 'an Illusion or Un-Real' in case of 'mental contents' and 'with chants of ANICCA or ANITYA' in case of 'body sensations, not seeing them as I ,ME, MINE or THEM.

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- MENTAL CONTENTS [‘non-physical’ element of SELF]:

Dreams, past incidents being displayed as images or scenes, thoughts;

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All MENTAL CONTENTS are contemplated as NO-SELF, VOID, EMPTY without any substance whatsoever, an Illusion and with knowledge that mental visible is FORMED JUST-NOW is an Illusion, SADHAK ABANDONS any unwholesome reaction to them and simply does not respond to them and refuses to create anxiety, fear, agitation, anger or any other sensation in response to what is just an Illusion, a mental image formed just-now. “” **Mental contents may be used to perform wholesome actions like analyse or to plan””.**

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- CONTEMPLATION (impermanence [body sensations], suffering, no-self [mental contents])

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- comprehension (ending of passion and aversion and delusion-fixed belief with respect to I, ME, MINE or THEM)

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- ARAHANT, - NIBBANA

*** Who is ARAHAT and what is NIBBANA? ***

One who has “rooted out craving and ignorance” from the mind has become an ARAHAT, and his or her actions do not bear any fruit. As a consequence, one does not create any bhava (future life) for oneself. So, there will be no new birth of a misery, no old age, no death, no sorrow and lamentation, and no disease. All are transcended. **This is the state of NIBBANA**.

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This is a person who does not create ELEMENT OF SELF or CONSCIOUSNESS that is aggregate of feeling and perception marked as craving or AVERSION and volitional act or fabrications, that is devoid of expectations of any kind and not connected to I, ME, MINE or THEM. He simply performs

KARMA that is assigned to him, maintains absolute equanimity while doing so, does not create craving, aversion or expectations, does not create **EGO** [I, ME, MINE or THEM], by attaching him to any interaction of the world with I, ME or MINE, or THEM when performing actions.

DRAFT MODE- Under process- Yet to be completed

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For the BUDDHA there are THREE marks of existence that must be dealt with;

dukkha [misery], anatta [no-self] and ANICAA-ANITYA-IMPERMANENCE, so that NIBBANA or end of suffering can be achieved.

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Anatta or no-self with respect to MENTAL CONTENTS and ANICAA-ANITYA-IMPERMANENCE with respect to SENSATIONS has to understood to end the suffering cycle.

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In VIPASSANA method of spiritual science as TAUGHT by the MASTER (BUDDHA), we use following tools:

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4.

EQANIMITY (do not create passion or aversion or reaction during entire meditation)

5.

OBJECTIVE OBSERVATION [An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING. An Objective observer applies DETACHED AWARENESS.]

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ANAPANA meditation [**please learn ANAPANA from teachers, do not refer to my blog posts on ANAPANA**], helps rein in MIND that is running like a wild horse, uncontrolled, rolling in thoughts, not living in PRESENT MOMENT, thus creating agitation and distress here and there. In ANAPANA meditation we observe breathe that come in, by keeping our mind's vision FIXED at nose doors, and also observe breathe that goes out. Here a SADHAK makes every effort to stop mind from rolling in thoughts of any kind with wisdom that all thoughts are dreamlike, illusion and no-self, lack any substance, and waste our precious time, so why indulge in thoughts?
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+++++ **The truth of suffering,**

is to be fully understood by a SADHAK, the craving and defilements which originate it are to be abandoned or let go, Nibbana as final goal from suffering is to be

realised, and the Noble Eightfold Path that leads to deliverance is to be developed. The SADHAK, who has completed these four is the “Arahat”, the Liberated One, who has broken all bonds of binding to the round of becoming and lives in the experienced freedom of Nibbana and bliss.

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How and When to ACTIVATE CONSCIOUSNESS of ‘UN-REAL or An Illusion’ with respect to mental contents and ACTIVATE CONSCIOUSNESS of ANICCA-ANITYA-IMPERMANENCE with respect to BODY SENSATIONS

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#vipassana #SpiritualScience #buddha #SunilDudia

BIKKHU’S; ‘CONSCIOUSNESS’, is aggregate of SENSE IMPRESSIONS collected through 6 sense media [eye, ear, nose, tongue, body and mind], when interacting with any worldly phenomenon. A ‘BEING ‘collects sense impression data as “**element of SELF**” or KHANDA (form, feeling, perception, reactions-volitional acts-formations-fabrications). Cognized “CONSCIOUSNESS**” is RELAYED BACK TO YOU** as a SANKHARA (MENTAL DEFILEMENT or Bodily defect) or pure CONSCIOUSNESS. This “**RELAYED BACK CONSCIOUSNESS”** is NO-SELF-VOID-EMPTY in essence, but ‘**BEINGS’**, out of wrong habit pattern continue to be affected by these ‘**RELAYED BACK CONSCIOUSNESS’ and respond to them as if they are happening in real-time, although the relayed back consciousness is nothing but just a mental image, dreamlike.**

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As per law of nature, any CONSCIOUSNESS that is Cognized, shall ARISE, PERSIST FOR A WHILE and CEASE, till it has been resolved. The HABIT PATTERN MUST CHANGE from “**WALLOWING IN CONSCIOUSNESS” to OBSERVING THEM with EQUANIMITY,** and such an observation shall be done based CONTEMPLATION OF PHENOMENON (relayed back consciousness in this case), categorizing them either as MENTAL CONTENTS or BODILY SENSATIONS. Always Mental Contents are observed as **NO-SELF or VOID** while bodily SENSATIONS are observed as ANICCA-ANITYA- **IMPERMANENT.**

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Inner mind chant of no-self or void or “un-real, An Illusion”, has to be activated on seeing mental contents so that any un-wholesome action in response to them can be avoided. To start with one shall immediately abandon mental contents as soon as they arise with the knowledge that they are ‘An Illusion or just a relayed back consciousness’. Similarly, as soon as one feels body sensations one shall continue to chant ANICCA OR ANITYA, mind’s eye totally immersed to feeling of body sensation being felt at 'present moment', till the mind has signaled inner vision to move to next sensation.

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BIKKHU'S; **"NO-SELF** CONSCIOUSNESS" AND **"ANICCA or ANITYA or IMPERMANENCE"** CONSCIOUSNESS is already IN-BUILT as a branch of SELF; we just need to learn to activate them. Always Mental Contents are observed as **NO-SELF** while bodily SENSATIONS are observed as ANICCA-ANITYA- **IMPERMANENT.** Inner mind chant of no-self or void or "un-real, An Illusion", has to be activated on seeing mental contents so that any un-wholesome action in response to them can be avoided.

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SADHAK shall train them to immediately abandon ALL TYPES OF MENTAL CONTENTS [anxiety, fear, anger, panic, thoughts, tinnitus etc.] with KNOWLEDGE 'An Illusion or UN-Real". Once, learning to abandon mental contents has been established, then SADHAK can make SKILFUL use of mental contents to use them for WHOLESOME actions like planning, analyzing etc.

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Similarly, a SADHAK MUST train them to see all BODILY SENSATIONS [itch, pain, cut, wound, feeling of hot, cold, warm, effect of mental contents as sensation on body, etc.] with chant of 'ANICCA' [PALI] or 'ANITYA'[Sanskrit] both meaning impermanent nature of mind with respect to sensations as mind keeps switching focus from one sensation at a time to next sensation and in the process previous sensations either take a back seat or mellow down till the attention is brough back to it again automatically by the mind.

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ANICCA or ANITYA, is impermanent nature of SENSATION and that can be verified through observation of SENSATIONS along with bare minimum focus on mind, and as one continues to observe sensations with chant of 'anicca' or 'anitya', one is also alert to mind which is trying to shift focus to next sensations and all a SADHAK does is to direct attention to next sensation as dictated by mind.

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BIKHHU's; If a CHILD WERE TO BE TAUGHT COUTNING OF NUMBERS, and if he is told to chant 1,2,3… would this kind of teaching make him understand the counting? And if the same child was shown an APPLE and was told this is 1-Apple, and then he was shown two apples and was told these are 2-Apples and so on, then would the same child understand the PROCESS OF COUNTING in a more specific manner?

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Similarly, if a child is now being taught MULTIPLICATION OF NUMEBRS and if he is asked to understand 2X2=4, then will we understand it just by repeating 2x2=4, or if same child is shown 2 apples and another 2 apples and were taught 2 Apples X 2 Apples is 4, similarly shown 2 apples and another 3 apples and were taught 2 Apples X 3 Apples is 6, and so on.

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Then for the same child who has understood 2 Apples X 3 Apples =6 and so on … Wil the same child has to be shown 10 apples to make him understand 2x10 is 20? A child can now assume that since he has already seen how 2 apples X 3 Apples was made out to be 6, hence there was no need to show him 10 apples to make him understand 2 X 10= 20. He will simply understand by DOGMA that 2 apples X 10 Apples = 20.

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In the same ways BIKHHU's I will make you understand how to How to see MENTAL CONTENTS as ILLUSION-No SELF-VOID-EMPTY and SENSATIONS as IMPERMANENT-UNSATISFACTORY, because understanding of the CONTEMPLATION of ALL PHENOMENON as IMPERMANENT-UNSATISFACTORY- and NO-SELF is what is required to achieve nibbana from miseries of life.

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Monks, If I were to ask you to imagine and form a mental picture of a large growling tiger which is sitting just few feet's apart from you, and after forming such a mental image of growling tiger sitting just few feet's away from you, what would be your reaction? Will you feel fear or try to run away from the animal?

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On hearing this one of the Bhikkhu said; Venerable sir, for how can one respond or react to something that is just an image formed by mind?

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Monks, then why do BEINGS who experience past and future mental images and incidents that are in a state of flux, in the form of mental contents, are affected by them? Don't they respond to those images as if they were happening in real-time? And by reacting to something that is just an illusion, a mental image formed JUST-NOW, for how can the image that is formed just-now in mind, can be real?

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Bhikkhu's; The knowledge that mental contents are just images formed by mind just-now are NOT REAL must be developed to rid of defilement of mind with respect to seeing mental contents as real and ignorantly responding to them in unwholesome manners.

When BEINGS react to these past and future mental images that are nothing but an illusion and formed just-now, they end up creating SENSATIONS of

anxiety, fear, agitation, anger which are REAL and thus beings are inflicted with misery all the time.

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On hearing this one of the BIKHHUS said, venerable sir, if I were to form a mental image of you, who is sitting just beside us, can not I assume the mental image to be true as it is same as you?

Bhikkhu's, A 'BEING' is made of physical form + Consciousnesses. Human existence belongs to the sense sphere. The Same is not true for MENTAL IMAGES. Therefore, to say that 'Venerable Sir' is same as MENTAL IMAGE formed is not correct.

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Therefore BIKKHU's, can we now say that all MENTAL CONTENTS IMAGES, TOUGHTS are UN-REAL and AN ILLUSION by the DOGMA of "MENTAL IMAGE OF TIGER example"? and since you did not respond to the mental image of tiger with understanding that how can one respond to what is UN-REAL and an Image?

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BIKKHU's; One must see all MENTAL CONTENTS with the knowledge that they are UN-REAL, formed just now, and hence as soon as a mental image appears in any form, a SADHAK must continue to CHANT 'UN-REAL' or 'An Illusion' and with this knowledge shall ABANDONE ANY UN-WHOLESOME REATION to THEM in ANY MANNER" or just ABANDON THEM. One must immediately ACTIVATE CONSCIOUSNESS OF 'UNREAL or An Illusion", as soon as one sees mental content in any form.

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Only WHOLESOME REACTION to thoughts or MENTAL CONTENTS IMAGES may be entertained by the person that are required to plan or apply mind and knowledge where they are needed indeed.

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BIKKHU'S; How do we differentiate between "PRESENT MOMENT" and a 'RELAYED BACK CONSCIOUSNESS'?

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Monks, a PHENOMENON is either occurring in **"PRESENT MOMENT**" where SENSE IMPRESSIONS are being collected and where "new elements of SELF" are being formed, where "" form, feeling, perception and reaction or volitional act"" are involved. All 6-sense impression thus collected will be formed into NEW COGNIZED CONSCIOUSNESS, OR; Monks; there is a PHENOMENON which is just a "RELAYED

BACK CONSCIOUSNESS” in the form of a MENTAL CONTENT or BODY SENSATIONS, is thus an ALREADY COGNIZED CONSCIOUSNESS.

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All PHENOMENON that are occurring in “PRESENT MOMENT” are to be contemplated for their impermanence having element of suffering and must follow EQUANIMITY and where passion or aversion are not being created with respect to any interaction being performed so as to create CONSCIOUSNESS that is not a SANKHARA or DEFILEMENT of any kind. Any CONSCIOUSNESS that is CONDITIONED by CRAVING OR AVERSION is a SANKHARA or DEFILEMENT. Similarly, Any Body defect is also cognized as CONSCIOUSNESS of the same.

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In both cases either of a PHENOMENON being collected in either PRESENT MOMENT (real time) or, mental contents or body sensations, AN ALREADY COGNIZED CONSCIOUSNESS IS RELAYED BACK TO

MIND AND BODY. What this means is that; EVEN FOR THE PHENOMENON that is occurring in PRESENT MOMENT or real time, element of SELF being collected are first cognised IN REAL TIME into CONSCIOUSNESS, and then the same CONSCIOUSNESS is relayed back to you in REAL TIME, except that in the case of ALREADY COGNIZED PAST CONSCIOUSNESSES, they are relayed back to us in form of mental content or body sensations as per law of nature, and law of nature is that ANY CONSCIOUSNESS that is COGNIZED must be RELAYED BACK or in other words, CONSCIOUSNESS shall ARISE, PERSIST FOR A WHILE AND CEASE.

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Thus **BIKKHU’S; it can be said based on DOGMA of principal of COGNIZATION OF CONSCIOUSNESS; that all** CONSCIOUSNESS in form of mental content or body sensations, that arise, persists for a while and cease, are just an RELAYED BACK CONSCIOUSNESS, an illusion, NO-SELF, but beings when they react to them where objective observation and equanimity is not maintained, thus BEINGS are creating CONSCIOUSNESS that is CONDITIONED by CRAVING or AVERSION and such a CONSCIOUSNESS is INFLICTED, a cause of misery.

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All mental contents are to be seen as un- Real /An Illusion and All bodily Sensations as Anicca- Anitya- Impermanent.

So as soon as one sees mental content in form of images/ mental visuals one shall chant ‘unreal or an illusion’ or no- self and abandon attending to them. Only wholesome actions are allowed in response to mental contents.

Similarly, as soon as one feels body sensations one shall continue to chant anicca OR anitya, mind’s eye totally immersed to feeling of sensation at 'present moment', till the mind has signalled inner vision to move to next sensation or mental content.

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WHAT HAPPENS AFTER ANAPANA MEDITATION and SUBSEQUENT VIPASSANA BODY SCAN followed by BODY SENSATION OBSERVATION DIRECTED BY MIND?

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A SADHAK who REGULARLY continues to perform ANAPANA and VIPASSANA BODY SCAN along with SENSATION OBSERVATION DIRECTED BY MIND, may at times during the middle of sleep wakes up or otherwise even in regular awake stage, may feel VIBRATIONS AND WAVES that are arising passing away in FAST MOTION either through the entire body or at certain parts of body. At this time SADHAK must maintain EQUANIMITY and DETACHED OBJECTIVE OBSERVATION and shall ignore the vibrations, waves flowing through body.

It is very important to maintain equanimity and SADHAK MUST NOT CREATE LIKING, PASSION or aversion to these vibrations or waves he feels running inside body and must continue to ignore them and let the law of nature prevail as vibrations flow through the body.

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SADHAK MUST KNOW THAT there is a DANGER OF CREATING a MENTAL DEFILEMENT or a SANKHARA, if SADHAK DOES not maintain equanimity and objective observation during such observation of vibrations, waves and sensations, along with CHANTS of ANICCA OR ANITYA, that are felt arising and passing away.

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ANITYA in SANSKRIT LANGUAGE means impermanent, to us it means this sensation shall pass, it will not last forever. Let me observe it with equanimity with CHANTS of ANITYA or chant of ANICCA with equanimity without creating passion or aversion to sensations being observed. All chanting of Anitya or Anicca is done through mind and not verbally.

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**ONE MUST NEVER associate VIPASSNA MEDITATION TECHNIQUES with expectation of any cure:**

In VIPASSANA any expectations are known as SANKHARA or MENTAL DEFILEMENT and hence if we perform meditation with expectations of any kind, then we will end up creating mental defilements rather than benefitting from the meditation technique.

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However, there are steps and techniques once a SADHAK becomes experienced VIPASSANA FOLLOWER, and if followed properly may benefit the SADHAK immensely in terms of mind and body issues, but one MUST NEVER indulge in VIPASSNA MEDITATION PROCESS by associating it with cure methods or with any kind of expectations.

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The VIPASSANA TECHNIQUE is SO POWERFUL that SADHAK benefits a lot when they follow VIPASSANA on daily basis, but NO SADHAK must take up VIPASSANA for the purpose of resolving their medical or other issues. These benefits will follow automatically though when one performs VIPASSANA on daily basis.

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HOW TO TRAIN A SADHAK on ANICCA or ANITYA (IMPERMANENCE) 09-Oct-2022

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Here a SADHAK DOES NOT CHOOSE SENSATION or MENTAL CONTENT for objective observation. DIRECTED BY MIND, A SADHAK attends to one sensation or a phenomenon or mental content at a time, with CHANTS of ANITYA or ANICCA.

Every time a new phenomenon, a new sensations or mental content arises as seen by mind's eye, one continues to be involved with chants of ANITYA OR ANICCA, meaning 'THIS SHALL PASS SOON", all sensations are impermanent, and all mental contents are seen as void or no-self or un-real and thus any unwholesome reaction to mental contents is abandoned. All chants of "**ANICCA or ANITYA"** is done inside of mind and not verbally. A SADHAK continues to observe arisen mental content, sensation or phenomenon with 'chants of ANITYA' till mind's focus is shifted to next sensation, mental content or phenomenon as the case may be.

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Also, the experience of observing BODY SENSATION depends on whether SADHAK is observing them as GROSS or after activating "SUBTLE VIBRATION MODE", through ANAPANA 'CONTACT' observation at nose tips or upper lip followed by observation of vibrations at nose tip or upper lip with CHANTS OF ANITYA or ANICCA. Once observing the TOUcH at nose borders are covered as mentioned in my blog posts on "ANATOMY OF ANAPANA meditation",

SUBTLE VIBRATION MODE is active and in this stage observation of body sensations is observed as vibrations and waves with chants of ‘ANITYA’

.

“ANITYA in SANSKRIT LANGUAGE means impermanent”, to us it means this sensation shall pass, it will not last forever. Let me observe it with equanimity with CHANTS of ANITYA or chant of ANICCA with equanimity without creating passion or aversion to sensations being observed. All chanting of Anitya or Anicca is done through mind and not verbally.

Also Note: The “” **objective observer”** will seek to record simply what they see without offering any opinion. An objective perspective is one that is not influenced by emotions, opinions, or personal feelings. “**EQUANIMITY**”, means, a SADHAK does not create passion, aversion or EGO (sense of I, ME or MINE) with any sensation, phenomenon or mental contents that one comes across.

.

The knowledge of “ANICCA or ANITYA” that all that all things, including the SELF or subsequent consciousness, phenomenon is impermanent and constantly changing, and this can be “” experienced by meditating on GROSS [pain, cut, wound, itch etc.] or SUBTLE [vibrations, waves] BODY SENSATIONS of the body”.

<u>I have written below how to experience ANICCA or ANITYA through meditating on BODY SENSATIONS, but same principle applies to PHENOMENON, MENTAL CONTENTS also.</u>

.

As one would have noticed, the mind's eye or inner vision or mind keep shifting focus from one body sensation to another body sensation that are in state of flux. You may at times notice a tingling sensation at one part of body, and as a SADHAK you maintain the knowledge that this

FEELING of sensation of tingling is IMPERMANENT and will pass sooner or later and thus one is required to observe body sensation of tingling with equanimity and detached objective observation with ‘chants of ANITYA’, TILL THE MINDS FOCUS HAS AUTOMATICALLY SHIFTED TO NEXT BODY SENSATION [this automatic SHIFTING OF MIND to NEXT BODY SENSATION is experience of “ANICCA or ANITYA”]. That means, objective observation of your mind's vision remains focused COMPLETELY ON ONE BODY SENSATION that is being observed in PRESENT MOMENT, till mind’s focus or inner vision has automatically signalled you to shif to the next arising body sensation as DIRECTED BY MIND.

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ALL MENTAL CONTENTS are NO-SELF [un-real, images] and All BODY SENSATIONS are IMPERMANENT and UNSATISFACTORY i.e., they have an element of suffering in them. Un-Wholesome reactions to mental contents are abandoned with knowledge that arisen mental content is VOID and No-Self and is just a mental image formed just-now, or, even in this case one may either abandon the mental content image formed in mind with knowledge that image I see is un-real, an illusion and so a SADHAK simply abandons any reaction to them, or a SADHAK may observe MENTAL CONTENT with CHANTS OF ANITYA OR ANICCA till the effect of mental content has mellowed down or mind has directed to you next sensation or mental content

.

As per the law of nature, **‘body sensations’** arise, persist for a while and cease. In other words, MIND knows when a sensation has arisen and so quickly your focus is shifted to sensation with ‘chants of ANITYA’. Mind on its own will direct you to shift focus to the next arisen sensation.

.

The mind's focus continues to shift focus from one **‘body sensation’** to another on its own, that means a SADHAK must observe **body sensations** with equanimity with ‘chants of ANITYA’, till the mind has on its own signalled to shift focus to the next arising sensation. This is how your EXPERIENCE ANICCA i.e., nature of impermanence as one realizes that AUTOMATIC MIND FOCUS is that decides which **body sensation** will affect you in ‘PRESENT MOMENT’, while all other sensations take back seat, till the minds focus has automatically shifted to next body sensation.

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Here a SADHAK DOES NOT DECIDE which **BODY SENSATIONS** to observe, he just maintains experience of ANICCA or ANITYA, by following the minds focus to the next arisen body sensation with ‘chants of ANITYA’. Each such SHIFT of focus of mind to next **body sensation** is the experience of ANICCA or ANITYA, that means the previous sensations has either mellowed down or takes a back seat as the mind's focus shifts.

.

How to observe Body sensations? A Sadhak MUST train them to use path of sensation to find "exact contact location" of body part where sensations are alive, and INSTEAD OBSERVE "arising of sensation

exactly at CONTACT where sensation touches body part affected by sensation.

.

Every time mind's focus shift to NEXT BODY SENSATION, we continue to observe it with CHANTS OF ANICCA or ANITYA [all chants are done in mind and not verbally], meaning, "that this shall pass too soon"

.

Now, In the case where a LARGE PORTION OF A BODY PART [say entire leg] is affected by VARIOUS BODY SENSATIONS [example pain or numbness or tingling or mix of all 3 or many sensations], in that case one would notice that MIND'S focus first starts automatically with an ONE area of inflicted body part at one portion, and as the minds focus remains on body sensation there, A SADHAK IS REQUIRED TO MAINTAIN OBJECTIVE

DETACHED OBSERVATION AND EQUANIMITY ON PRESENT body SENSATION BEING OBSERVED with 'chants of ANITYA', till the mind has automatically signalled mind's vision to shift to next portion or **body sensation** WITHIN THE INFLICTED BODY PART.

Thus, mind will keep taking you from one **body sensation** to next within INFLICTED BODY PART AREA, and all SADHAK has to do is to FOLLOW THE MINDS FOCUS and ATTEND TO ONE SENSATION selected by MINDS VISION with 'chants of ANITYA', and thus a SADHAK CONTINUE TO MAINTAIN EQUANIMITY AND OBJECTIVE DETACHED OBSERVATION throughout the experience with CHANTS OF ANICCA or ANITYA within inflicted body parts.
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"ANICCA or ANITYA" is experience of IMPERMANENT NATURE OF MIND, that attends to **body sensations** one at a time as a primary focus, shifting from one body sensation to another within inflicted body part area or entire body, making all other body sensations weak or mellow till they are brought back to focus again by mind's vision next time.

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A SADHAK IS REQUIRED TO OBJECTIVELY OBSERVE ALL BODY SENSATIONS whenever minds focus is brought to sensation being observed in present moment with 'chants of ANITYA'. A SADHAK observes ONE BODY SENSATION AT A TIME as directed by MIND, and switches focus to NEXT BODY SENSATION as directed by mind, keeping them alert to mind's signals that may want them to switch to next arisen body sensation, during such observations.

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How to TRAIN a SADHAK to understand what is “SELF” and what is “NO-SELF”? 12-Oct-2022

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#vipassana #SpiritualScience #buddha

Bhikkhu’s;

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Let me train you on what is ‘SELF’ and “NO_SELF”

SELF can be in both physical and non-self form.

,

All MATERIAL EXISTENCE has **‘5- common PHYSICAL elements of existence’**; they are made of; earth, water, fire, air and sky.

,

What are BEINGS? **How are they come into EXISTENCE as**?

.

A ‘BEING’ is made of 23 elements + Consciousness [total 24 elements]

.

All BEINGS are made of “**5-COMMON PHYSICAL ELEMENTS of EXISTENSE**”; earth, water, fire, air and sky, and the five sense objects are included. They are the manifestations of physical sound, touch, form, taste and smell; then, there are five senses for acquiring knowledge or to collect Consciousnesses; the eyes, ears, nose, tongue and skin. Then five working senses: voice, legs, hands, anus and genitals. The false ego: "I am," and "It is mine," which constitute the basic principle of material existence of a BEING. Thus, a BEING has a MATERIAL EXISTENCE as a NAME-FORM.

.

Are BEINGS SELF or NO-SELF?

Bhikkhu’s; BEINGS are called as ‘SELF’ as they have material existence

.

Now Bhikkhu’s; Do you see that **MOUNTAINS**? Yes, Is it a NAME-FORM? Yes, why is called **MOUNTAINS**? Because it has ELEMETNS of SELF that gives it physical

appearance of MOUNTAIN, and Does **MOUNTAINS** have a MATERIAL EXISTENSE? **Yes**, because it is made of; “earth, water, fire, air and sky”,

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Are MOUNTAINS, SELF or NO-SELF?

Bhikkhu’s**; MOUNTAINS** are called SELF as they have material existence.

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THERE BY WE CONCLUDE THAT “5-COMMON PHYSICAL ELEMENTS of Existence’s is what constitutes SELF? Yes.

.
Now Bhikkhu’s; WHAT IS NO-SELF?

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All BEINGS {HUMANS, INSECTS, ANIMALS] and other form of BEINGS who have sense objects are able to collect Consciousnesses in the form of ELEMENT OF SELF, and these ELEMENTS are NO-SELF i.e. **NON-PHYSICAL-FORM.**

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What are PHYSICAL ELEMENTS OF SELF?

they are made of, earth, water, fire, air and sky.

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What are NON-PHYSICAL[NO-SELF] ELEMENTS OF SELF?

They are [FORM, FEELINGS, PERCEPTION, REACTION or VOLITIONAL ACTS, and Consciousness]

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Bikkhu’s,

Now, here; you see me sitting atop and conversing with you all”

.

Can you DESCRIBE my physical appearance that I possess at this time in ‘PRESENT MOMENT’?

.

Venerable Sir, you are wearing an Orange cloth wrapped around your body, with such and such face, such and such physical experience.

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Now Bikkhu’s; CLOSE YOUR EYES and can you still describe my physical appearance that you just saw?

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Venerable sir: Yes, I still remember the physical appearance, and that you are wearing an Orange cloth wrapped around your body, with such and such face, such and such physical experience.

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Now Bikkhu's, the physical appearance that you just described with closed eyes is NO-SELF, formed in your mind in the form of mental content or IMAGES, this 'physical appearance' is manifestation of mind, and has NO '5- common PHYSICAL elements of existence'. The physical appearance that you just described with closed eyes, is COGNIZED AS CONSCIOUNESS as element of NON-SELF [form, feeling, perception, formation-fabrications-reactions]

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Similarly, Bikkhu's, all mental contents are nothing but an illusion, created by mind in form of images, and an IGNORANT BEING react to these NON-SELF mental contents that exists only as COGNIZED CONSCIOUNESS that is collection of ELEMENTS OF SELF that is in **NON-PHYSICAL-FORM or NO-SELF**.

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Thus, we CONCLUDE that no-self means.

one that 'HAS NO 5- common PHYSICAL elements of existence',

but 'HAS COGNIZED CONSCIOUNESS with ELEMENT OF SELF that is just a MENTAL CONTENT in form of 5- ELEMENTS of SELF [form, feeling, perception, formation-fabrications-reactions, CONSCIOUNESS] that is in **NON-PHYSICAL-FORM or NON-SELF**.

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What is resolution of mental contents, phenomenon, body sensations and consciousness?

What is CONTEMPLATION? What is the RESOLUTION of PHENOMENON, MENTAL CONTENTS, BODY SENSATIONS and CONSCIOUSNESS?

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Bhikkhus ,

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CONTEMPLATION, is to FIX MIND on PHENOMENON that has arisen. A SADHAK is required to identify phenomenon as mental content, body sensation arisen out of

mental content, body sensation that is gross sensation. Mental content born out of gross sensation. In all above cases a CONSCIOUSNESS is born and is relayed back.

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Bhikkhus, mental contents are NO-SELF. They have no physical base. Similarly, body sensations born out of contact with mental content are a no-self and lack any physical base. Thus, observing them with equanimity we are quickly relieved of the arisen mental content they are linked to.

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What is MEDITATING ON NOTHINGNESS? Why should we meditate on NOTHINGNESS? How to detach from forming CLINGING to a PHENOMENON?

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The INNER VISION or mind's eye (or MIND) has a tendency to PARK itself on the CRAVING or AVERSION aspect of a phenomenon one encounters in daily life. This PARKING of inner vision or mind on CRAVING or AVERSION aspect of a phenomenon results in CLINGING which is the cause of BECOMING and subsequent BIRTH OF A MISERY.

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For example, those suffering from TINNITUS issue, experience TINNITUS VOICE when they try to listen through the ear, and in this case, while EAR CONSCIOUSNESS is focusing on translating external sounds, the inner vision CLINGS to TINNITUS VOICES [as both external sound as well as tinnitus voices are translated from the same source] and CONTINUED ATTENTION TO TINNITUS VOICES INTENSIFIES THE CLINGING which becomes the cause of BECOMING or more substantial and permanent TINNITUS VOICE ISSUE.

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Similarly, while one is having any interaction of any kind with any phenomenon, the INNER VISION has the tendency to focus itself on AVERSION [in most cases] or craving aspects of that phenomenon. This parking of inner vision or mind on aversion is the cause of CLINGING and further birth of misery,

.

Therefore, we must train ourselves to MEDITATE on NOTHINGNESS, to PARK our MIND or inner vision on nothingness during such an interaction where the mind is trying to fix its focus on the misery part of the interaction.

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To detach from forming any CLINGING during or after interaction with any phenomenon, for this, a SADHAK can visualize any '**NOTHINGNESS object**' like a

'glowing IMAGE OF SUN' or 'IMAGE OF SEA' or 'IMAGE OF MOON' or 'ANYWHERE ON the BACK OF BODY BELOW THE NECK', and focus their INNER VISION on ANY OF such NOTHINGNESS objects while the interaction is in progress or after the interaction with any phenomenon is over.

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Thus, for example, while listening to external voices, those with TINNITUS ISSUE must focus their inner vision or mind on any of NOTHINGNESS objects [I prefer back of body] so that inner vision or MIND is busy focusing on the object of NOTHINGNESS. So, the INNER VISION cannot focus on the tinnitus voice while the ear consciousness is trying to hear the external voice.

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The same applies to any interaction that has the capacity to focus the inner vision on misery.

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Satipatthana Sutta (The Four Establishments of Mindfulness) - VIPASSANA SUMMARISED: [ONE MUST listen to this once a day every day till understood and established fully]

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#VIPASSANA #BUDDHA

VIPASSANA SUMMARISED: [ONE MUST listen to this once a day every day till understood and established fully]

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The following video is a CRUX of VIPASSANA explained in roughly 20 minutes.

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CONTEMPLATION means to see Body, Feelings, Mind, and Phenomenon as " IMPERMANENT- with an element of SUFFERING-[No-Self, void-empty-without any substance] "

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COMPREHENSION means TO NOT CREATE Craving or aversion or EGO (I, Me, Mine, or THEM) with respect to any phenomena, body, mind, and feelings

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Satipatthana Sutta (The Four Establishments of Mindfulness)

NOTE: One may ignore audio from 6:00 to 12:10

https://youtu.be/Sq9VvhYvYRk

++++++++++++++++ End Sattipathana sutta

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What is the condition of a BIRTH, WHO is BORN? How does Birth manifest? What is the RESOLUTION OF A BIRTH to end the cycle of Birth and suffering?
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Bhikkhus;

The ULTIMATE goal of a CONSCIOUSNESS is to live an EXISTENCE where there is just BLISS and therefore a CONSCIOUSNESS continues to acquire HUMAN BODY till it has reached that HIGHER SELF and is MERGED with HIGHER CONSCIOUSNESS.

.

Just like an APPLE with a SEED will manifest into MULTIPLE APPLES with help from the BODY OF an APPLE TREE, in the same way, a CONSCIOUSNESS afflicted by CRAVING/AVERSION/ DELUSION with respect to I, ME, MINE, and CLINGING, manifests itself into SEVERAL CONSCIOUSNESS by descending into WOMB and ACQUIRES A BODY, and the body and mind thus acquired is able to COLLECT 100’s of CONSCIOUSNESS from birth till death.

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If the SEEDS of an apple were not to get the required conditions that enable the BIRTH of an APPLE TREE, then the SEEDS themselves will decay and perish. Thus there is no birth of an apple tree and no subsequent birth of an apple;

similarly, Bhikkhus, if CONSCIOUSNESS afflicted by CRAVING/AVERSION/ DELUSION with respect to I, ME, MINE, and CLINGING, if it does not get required WOMB to descend and acquire the body, then such a CONSCIOUSNESS, does not get chance to reach the GOAL OF A NIBBANA and MERGE with higher CONSCIOUSNESS and such a CONSCIOUSNESS continues to LURK in SPACE till it has acquired NEW BODY.

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The VERY relinquishing, letting go of CRAVING/AVERSION/ DELUSION with respect to I, ME, MINE, and CLINGING, with respect to INTERACTION WITH ALL PHENOMENA during the life cycle shall STOP the BIRTH CYCLE, just like an APPLE whose SEED has been destroyed does not acquire a new body of an apple tree and does not reproduce, in the same way, Bhikkhus, the CONSCIOUSNESS collected during the life cycle, if are rid of CRAVING/AVERSION/ DELUSION with

respect to I, ME, MINE, and CLINGING, with respect to INTERACTION WITH ALL PHENOMENA during life cycle shall STOP the BIRTH CYCLE, as the required condition for a new birth has been annihilated.

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Stages of CONSCIOUSNESS creation, The Birth and Re-Birth Cycle [Continued], HOW CONSCIOUSNESS takes a RE-BIRTH?] What is the condition of a BIRTH, WHO is BORN? How does Birth manifest? What is the RESOLUTION OF A BIRTH to end the cycle of Birth and suffering?

#VIPASSANA #BUDDHA #SpiritualScience

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Bhikkhus;

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If APPLE TREE WERE to get NIBBANA and "END the CYCLE TO BIRTH AND RE-Births", then the apple tree would have to produce 'APPLES' WITHOUT SEEDS. In the case of the apple tree, we can consider the ROOTS as the 'MIND', the TREE TRUNK with BRANCHES as the 'BODY', and SEVERAL APPLES as 'CONSCIOUSNESSES' which '**CLING'** to the branches [body] of the APPLE TREE. Similarly, **Bhikkhus, if BEINGS were to get NIBBANA, they must collect and produce CONSCIOUSNESSES that have NO SEEDS of RE-BIRTH.**

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If there is an APPLE TREE with several APPLES CLINGING onto the TREE, and if there was FLOOD CONDITION which caused this APPLE TREE and APPLES to fall down and PERISH [death], then ONLY THE STRONGEST SEEDS FROM APPLES will be able to take RE-BIRTH, acquired new BODY OF AN APPLE TREE and produce more APPLE that shall CLING TO THIS NEW APPLE TREE.

.

In the SAME WAYS Bhikkhus; if the NAME-FORM [with Mind-Body] and with 6 sense media were to perish due to death, only the STRONGEST CONSCIOUSNESS COLLECTED during life cycle with SEEDS of re-birth i.e., CONSCIOUSNESS afflicted by CRAVING, EGO [I, ME, MINE] and CLINGING shall be able to ACQUIRE NEW BODY and new body thus acquired is able to COLLECT SEVERAL NEW CONSCIOUSNESS in new BIRTH CYCLE.

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Now Bhikkhus; although the CONSCIOUSNESS itself is NO-SELF (void, empty without any substance or real physical existence], it can only function by clinging to an ACQUIRED BODY IN PHYSICAL FORM, just like APPLES CLING to APPLE TREE. Just as a NEW APPLE TREE is born by SEEDS of an APPLE that perished or died in PAST, similarly ACQUIRED BODY takes shape based on PAST CONSCIOUSNESS afflicted by CRAVING and CLINGING that made the re-birth possible. Thus Bhikkhus, CONSCIOUSNESS afflicted by CRAVING and CLINGING is the CAUSE and CONDITION for a RE-BIRTH.

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Now, as per laws of dependent origination, -

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If there exists NAME-FORM [with mind-body], then there EXISTS 6 SENSE Media [Eye, Ear, nose, Tongue, Body, Mind]

If there exist 6 Sense Media, then There EXISTS CONTACT [EYES make contact with an object]

For CONTACT, EXISTS FEELINGS [SENSATION]

For FEELINGS EXISTS CRAVING (SEED of Birth condition sowed by creating DESIRE in MIND]

For CRAVING EXISTS CLINGING (I, ME, MINe or THEM], SEED is getting stronger here]

Only the strongest CLINGING is the cause of becoming during the time of death

For CLINGING EXISTS BECOMING [Volitional Act; mental-physical or verbal, is performed]

and BECOMING is the cause of BIRTH [creation of CONSCIOUSNESS afflicted by condition for re-birth]

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Similarly, Bhikkhus, NAME-FORM is the condition for the creation of CONSCIOUSNESS and REVERSE is also true, i.e. CONSCIOUSNESS is the cause of NAME-FORM (BEINGS with 6 sense media].

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We collect 1000000's CONSCIOUSNESSES in a LIFE CYCLE, for example, as a child, we become aware of parents after birth thus creating 'PARENTS CONSCIOUSNESS', and subsequently 'RELATIVES CONSCIOUSNESS', 'EDUCATION CONSCIOUSNESS', 'WORK CONSCIOUSNESS', and so on and each CONSCIOUSNESS thus collected lurks as MIND, as we regard MIND as AGGREGATE OF ALL CONSCIOUSNESSES created and collected so far from birth till date,

.

And Out of IGNORANCE, many of these CONSCIOUSNESSES that we created or collected by our actions, are afflicted by craving/aversion/EGO [I, ME MINE or them] and CLINGING which is the REAL CAUSE OF MISERY in this BIRTH and is also the cause of subsequent Re-Births cycles.

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Now Bhikkhus,

CONTACT is the CONDITION for the creation of the FIRST STAGE of CONSCIOUSNESS [for example when EYE makes contact with another BEING or tactile object], at this stage CONSCIOUSNESS is DETACHED, neutral, un-conditioned, does not carry seeds of craving or clinging. This 'CONSCIOUSNESS' IS 'OBJECTIVE; in nature, and that is why one is able to OBSERVE IT NEUTRALLY where the mind's EYE or inner vision is unaffected and is able to observe it unaffected, simply and objectively.

.

It is at the STAGE of CRAVING and further CLINGING that creates subsequent additional leaves to above CONSCIOUSNESS that are afflicted by INTENT to perform VOLITIONAL ACTS [for example, desire to engage with visual object] which create a CHAIN of actions and reactions and thus aggregates of CONSCIOUSNESSES that are affected by EGO, desires and clinging.

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AND Bhikkhus; AT THE TIME OF DEATH one of these CONSCIOUSNESSES with STRONGEST SEEDS of Re-Birth CONDITIONS, becomes the cause of BECOMING and subsequent NEW BIRTH,

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How to resolve an OCD (obsessive-compulsive disorder)

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No medicine is required as this is a disorder that can be corrected within a few days:
OCD (obsessive-compulsive disorder) is a repetitive action performed under the stress of a particular anxiety and panic situation). OCD is a perceived (I call them a fake action) symptom of an underlying problem that causes anxiety and thus subsequent OCD; meaning OCD actually DO NOT EXIST IF YOU DO NOT PERFORM THEM.
.
One way to deal with this OCD is to cure the underlying cause but what if that underlying cause is Untreatable or takes a long time to resolve?
.
Does it mean you have to live with perception or fake actions (OCD) created by

underlying causes forever?
.
Fortunately, we can separate OCD that is performed under any physical or logical trauma. So although that physical or logical trauma will remain BUT WE WILL train our self NOT TO PERFORM that OCD under any cause.
.
When dealing with anxiety and Panic attacks I have come to the following conclusion on how to resolve them. The following happens when we go through anxiety and panic situations:
1) Any occurrence of a continuous trauma causes OCD; meaning we begin to perform a repetitive action (OCD) that is harmful to us.
2) It is this OCD that keeps the underlying problem not only alive but also threatens our daily life.
3) Any anxiety issues could be resolved if you were able to CURE THE UNDERLYING CAUSE that causes anxiety issues.
But what If the underlying cause is untreatable or not known? Does it mean you live with problems for life?
4) The only way to RESOLVE THIS OCD in case of an unknown underlying cause or resolution of an underlying problem that causes anxiety is to ‘do exactly opposite of what it is making us do’.
OCD is resolved when ‘YOU STOP PERFORMING THAT OCD’.
5) What this means is that you RESOLVE THE OCD despite the underlying problem of anxiety still present as a form of some health issue.
6) **PHYSICAL OCD** is easy to resolve as all you have to do is NOT PERFORM that PHYSICAL ACTION that underlying stress or anxiety is asking you to perform. Just a few cancellations of that OCD under rigid self-resolution that "I WILL NOT PERFORM THIS OCD NO MATTER WHAT" will resolve the trauma.
PHYSICAL OCD RESOLUTION FORMULA: STOP PERFORMING THAT OCD under a definite self-resolution.
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LOGiCAL OCD
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LOGICAL OCD is different as in this case YOUR BRAIN IS PERFORMING SOME ACTIONS as a result of some underlying cause for example in the case of tinnitus the OCD in the form of continuous voices, buzzing, ringing, and whistling sound which takes different shapes is performed by BRAIN. No matter what but this is a LOGICAL OCD (no body part is used to perform actions) performed by the brain which is perceived or fake as I call it which is the result of the underlying cause which is either mild hearing loss or hyperacusis caused by loud noises.
.
One way to deal with this logical OCD is to cure the underlying cause of hearing loss or hyperacusis, but what if that underlying cause is not treatable or takes a long time to resolve?
.
LOGICAL OCD is resolved using a formula called "LOOK AWAY METHOD", meaning that you have to look far away from your body. That means one must shift the trauma to far away as if it is happening outside the body somewhere in the

universe or maybe 8–10 feet away. Normally when we ask people to "IGNORE THE REPETITIVE trauma that is produced by BRAIN" we achieve this "IGNORING" by "LOOK AWAY METHOD".

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PS:

Yes, breathing exercises help a lot in these situations.

Also, you can try the following:

with a ‘neutral state of mind (no fear)’, one can either look at physical sensations of fear, anxiety, stress (as it happens), or any other sensations that start to engulf your body(just look at chest and stomach area for few seconds as the sensation start to engulf your torso). This watching of sensations engulfing your torso sometimes stops the anxiety altogether relieving you of OCD.

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MEDITATING ON STILLNESS

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Let's Meditate on stillness to bring your energy to the stillness that merges with the stillness of the surrounding. This is also a PATH to CALM DOWN BODILY FORMATIONS (anxiety, fears, mental hindrances, various sensations on the body, calming of phenomena that pass by that are in a state of flux)

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SADHAK has already understood that the HABIT PATTERN must change from ‘wallowing in SENSATIONS OR incidents happening on body parts’ to INSTEAD OBSERVING THEM with EQUANIMITY, Here we observe EVERY INCIDENT that the body is experiencing and all the observations are OBJECTIVE [without any perceptions or mental evaluation] and we maintain absolute EQUANIMITY [not create any craving or aversion, delusion or clinging] when observing any or all incident that the body part if experiencing at this moment.

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Also, every observation of body parts is done piece by piece, inch by inch, sometime holistically and other times part by part, a few seconds here and a few seconds there keeping the scanning of the body part being observed all the time afresh. 'NEVER remain on any body part area for more than 2 seconds, keep moving top to bottom and bottom to top scanning the whole-body during meditation (never scan in circles). If a specific area of a body part needs scanning, then continue to move within inflicted body part space moving 2 seconds here and 2 seconds there, never remaining at one location for more than 2 seconds.

All observations are OBJECTIVE with absolute EQUANIMITY maintained, eyes closed, and ‘inner vision or mind's eye’ is used to scan the body part.

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ACTUAL PROCESS step by step for meditating on stillness, scanning for any incidents that arise anywhere on body:

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Keeping the above rules in mind let's follow the meditation steps below: -

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Let's sit and close our eyes. The intent is to bring every body part to STILLNESS.

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Now, Look at the back side of your head, and continue to observe any sensation or any type of incident that the head is affected by at this time. Simply, continue to observe maintaining absolute equanimity without showing any craving, aversion, or delusion with respect to I, ME, MINE, or THEM, NOT CLINGING TO ANYTHING in the world of mind (Mental contents, thoughts) and Body(sensations and incidents of the body). At every step, you must learn to let go of craving, aversion, and delusion I, Me, Mine, Them) and clinging with respect to anything in the world of mind and matter (body).

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The INTENT is always to bring the body part being observed to MAXIMUM STILLNESS or CALMNESS, and once achieved then move to the next part of the body. Nevers top for more than 2 seconds, keep moving top to bottom and bottom to top scanning for any incidents arising on body parts, and if you notice any incident then just walk over it quickly with mind’s eye or inner vision, your job is to simply observe every incident that you found on body parts, not missing even a single or minute incident.

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Similarly move to the TOP of the head, the entire FACE, NECK, CHEST, STOMACH, ABDOMEN, LEGS, and back side of the torso, and then back to the top of the head and repeat the process of observing body parts with the INTENT TO CALM BODILY and MENTAL FORMATIONS and BRING THEM TO MAXIMUM STILLNESS possible. CONTINUE TO FEEL THE STILLNESS. Move fast and scan the entire body top to bottom and bottom to top (never in circles)

.

Continue to feel the STILLNESS of mind and body, but if one feels any type of sensation or INCIDENT that is affecting any of body part, then one must move the focus of their INNER VISION or MIND’s EYE to observe that INCIDENT affecting body part till it has calmed down. Simply continue to observe that incident or sensation piece by piece for a few seconds, All observations are OBJECTIVE with EQUANIMITY maintained.

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Also, every observation of body parts is done piece by piece, inch by inch, sometime holistically and other times part by part, a few seconds here and a few seconds there keeping the scanning of the body part being observed all the time afresh.' Move fast, do not be in one place for more than 2 seconds. Simply observe and take note of incidents through your inner vision that you found and move further down or up.

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Sit in a STILL POSITION, with eyes closed, feeling the STILLNESS, ALERT TO ANY INCIDENT that may arise on body parts, and then move focus to observe that incident affecting the body maintaining objective observation and absolute equanimity, till the maximum stillness has been achieved. DO NOT REACT TO ANY INCIDENT ET ALL, simply observe them and move further.

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For example, in case of anxiety or panic or OCD symptoms, continue to observe TENSION or SENSATIONS that arises or builds up in the body on account of this anxiety or panic or OCD symptoms, and observe the tension or sensations affecting the body without giving any reaction, observe objectively and with equanimity, maintaining the calmness and stillness of mind and body. DO NOT REACT TO ANY INCIDENT, sensations, pain, etc. ET ALL, simply observe them and move further.

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Continue to perform meditation on STILLNESS a few times a day to bring mind and body to feel STILLNESS that surrounds mind and body.

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ARE MEDICAL ISSUES CREATED and SUSTAINED ARTIFICIALLY?

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Is not the medical industry work by creating myths and false test results as decided by pharma?

and so being an informed patient is a saved patient in today's world. Inhibitor class of meds or blocking or destabilizing very function through pills, the organ that otherwise manages the body function naturally is suppressed to create lifelong dependency on pills. In addition to this, pills create more medical issues as a side effect as one continues to take them consistently.

.

In the allopathic way of treatment, they cannot cure the following:-

1. ASTHMA (Can be resolved by breathing exercises)

2. High Blood Pressure (High BP) (resolved by sane food protocol and breathing exercises that take air deep into the stomach)

3. DIABETES type-2 (this is artificially created and sustained once you are on their pills) (Resolved By quitting root cause i.e the very pills that are prescribed and sticking to sane food protocol)

4. High acid issues (Hyperacidity, gastroparesis, these are artificially created and sustained once you are on their pills) [(RESOLVED By quitting root cause i.e the very pills that are prescribed and sticking to sane food protocol)]

5. even simple medical issue like CONSTIPATION has no cure in their methods [Resolved by cow ghee taken like medicines)

6. ALL TYPES OF MENTAL ISSUES like ANXIETY, PANIC Attacks, etc have NO CURE in the allopathic medium of western medicine forms. (resolve by meditation techniques, pranayama, breathing exercises, and VIPASSANA)

I Forgot to mention these 2 below :

TINNITUS:

For tinnitus medical industry have a solution in form of a MASKING device that creates WHITE NOISE to suppress the tinnitus voice BUT AT THE SAME TIME its electrical signals KEEP TINNITUS NOISE alive.

So, even in the case of tinnitus, they have devised the same method i.e. to suppress tinnitus noise but keep tinnitus alive through electrical signals that are emitted by masking device thus keeping NEURONAL ELECTRICAL ACTIVITY of the affected ear alive and ticking.

.

AND What is the REAL SOLUTION I FOUND? (EARMUFFS 23 dB, or more when you wear them for at least 30-40 minutes silences the TINNITUS NOISE temporarily as NO neuronal electrical activity can be conducted in a VACUUM which is created by tightly fit EARMUFFS that surround the ears. Offocuse shifting tinnitus to the TMJ area is the next step to rid it permanently.

.

Erectile dysfunction: ; And then there is this VIAGRA for erectile dysfunction (I Just researched it out of curiosity to see what they have done to this pill and was amused to see how they [Pharma's] continue to play games everywhere),

In the natural way of function; There is an ENZYME that is released that holds the erection and there is an ENZYME that is released to BRINGS DOWN the erection.

But with Viagra, what they do is to SUPPRESS THE ENZYME that BRINGS DOWN the erection, thus keeping the erection alive for longer durations. But what happens here is that after the pills' effect is subdued the ENZYME that was suppressed or INHIBITED goes into REBOUND and releases more than the

required quantity, and that too at a time when penile erection has already subdued.

The result is that frequent usage of these pills may cause IMPOTENCE and dependence on pills due to suppression and subsequent REBOUND action of ENZYME that subdues the erection.

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While the above is easily cured in the AYURVEDA METHOD of treating medical issues. While all mental issues can be resolved in weeks if one understands spiritual science as taught by BUDDHA based on observation of SENSATION with principles of equanimity and objective observation.

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DO I OFFER TESTIMONY to what I said above? YES
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I came out of asthma through breathing exercises.

I came out of acid issues (Gastroparesis and hyperacidity) by following the ‘food as medicine AYURVEDA approach’

I came out of Blood Pressure issues by sticking to sane food and quitting MILK SUGAR and processed foods.

.

After knowing the conspiracy around pills and how they are designed to cause REBOUND, when I was taking an acid blockers class of medicines and how they cause REBOUND of the very issue for which they are given when one tries to quit them, I made my BROTHER QUIT DIABETES-Type-2 medicines by making him go through blood purifiers like MANJHISHTHA in AYURVEDA and fenugreek seeds grounded as a powder 1 Spoon after every meal in JUST 4–6 WEEKS.

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I CAME out of all mental issues by following techniques of meditation and spiritual science as taught in VIPASSANA.

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The medical industry as per my research works by destabilizing the very function that would otherwise be managed by that body organ naturally so as to stick patients to their pills lifelong. They [Pharma’s] discovered long back that by INHIBITING the organ function through pills, they can make a ROLLER COSTER or REBOUND out of it and so patients can never leave pills lifelong.

.

SO, WHAT IS REQUIRED to CURE the medical issue?

QUIT THE VERY MEDICINES that are prescribed by following AYURVEDA, Breathing exercises, SANE FOOD PROTOCOL, quitting MILK, SUGAR, all processed foods, all Chinese sauces, and White flour. Use food as medicine protocol to handle the issue naturally (AYURVEDA)

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https://youtu.be/L-7AdKaPYyg

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Is the CONSPIRACY of THE WESTERN medical treatment MODEL based on the "LINE OF TREATMENT TO MANAGE THE ISSUE and NOT PROVIDE CURE"?

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The WESTERN FORM of MEDICINE is based on a REVENUE BASES MODEL, where a PATIENT MUST COME BACK TO THEM FOR PILLS every fortnight so that huge hospital properties TAXES and high costs of medical education can be RECOVERED.

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They (PHARMA's) discovered long back that if they PROVIDE CURE then the medical industry can not be sustained profitably. So, instead, they CHOSE TO PROVIDE "MANAGEMENT OF MEDICAL ISSUE that does not CURE it but manages it for lifelong.

Thus, for all medical issues 'LINE OF TREATMENT BASED ON MANAGING THE ISSUE MODEL OF TREATMENT' was promoted in the name of commerce and profits.

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And How did they [Pharma;'s] achieve it? Pharma's discovered that if they are able to DESTABILIZE OR SUPPRESS OR INHIBIT the very organ that would otherwise manage the medical issue NATURALLY, then that organ starts to malfunction, causing REBOUND and SPIKES. Thus dependence on PILLS to manage the function becomes a necessity and PATIENT CAN NEVER COME OUT OF the LOOP as long as they are on pills, as the same pills are designed to make sure that the organ managing the function naturally remains suppressed and subsequently destabilized and thus ensures dependence on pills for life.

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Now you see why patients of Diabetes (destabilized pancreas and glycogenesis) , gastroparesis, or hyperacidity (destabilized through acid blockers class of meds (PPI, H2 Blockers), TINNITUS [kept alive by a masking device that ensures

electrical or neuronal activity in ear remains active thus TINNITUS remains active as long as one uses masking device], ASTHMA, and simple issues like CONSTIPATION do not have a cure but line of treatment based on managing the issue life long.

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So now, if they discovered DIABETES then they did not provide a cure for it, but they instead chose to destabilize the pancreas insulin function as well as the glycogenesis process to make diabetes type-2 permanent. Same for Gastroparesis which is the result of hyper-acidity, where they inhibit or suppress Proton Pump Inhibitors that manage the acid release function of the stomach for the digestion of food and so on.....

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.

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MINDFULNESS MEDITATION [Correct Method explained by a SWAMI]

Vedanta Society of New York @VedantaNY
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Found a very good video on MINDFULNESS MEDITATION,

please follow this instead of my explanations in blog posts written by me.

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https://youtu.be/Pl_aTKDkOvs

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Venerable Sir;

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How do BEING'S TRANSCEND material nature [by meditating on INTENSITY]; the FEELINGS and SENSATIONS brought through 6 sense media, which is the real cause of Being's misery?

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Monks,

The law of nature is such that when one is ALERT TO arising of sensations and one is able to objectively observe and discern these sensations and feelings and treat them as of MATERIAL NATURE and knows the futility of suffering them, one sees them objectively and discards them immediately after discerning them thoroughly, then one has understood how to transcend the feelings and sensations brought about through 6 sense media.

.

1)

Monks;

When the monk sees a "FEAR" arising, he then starts to discern it OBJECTIVELY (detached) AND WITH EQUANIMITY (does not react), as follows;

That; such and such is the feeling of SENSATION OF ‘fear’, such and such is this SENSATION's intensity, and then he starts to ask himself;

.

Do I need to be affected by this SENSATION OF FEAR? 'NO'

Am I supposed to DISCARD THIS SENSATION as just another material sensation and let go of it? 'YES'

.

With this knowledge as soon as a SENSATION of FEELING OF '**FEAR**' ARISES, the monk discerns it as a MATERIAL NATURE brought about by one or more of 6 sense media, and after thoroughly understanding its character, feel, and intensity of the SENSATION of **fear**, he simply discards it, lets go of it with the knowledge that ALL SENSATIONS, and FEELINGS are of material nature born out of interaction with 6 sense media, and there is NO POINT SUFFERING THEM.

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2)

Monks;

When the monk sees sensations of "**DEPRESSION**" arising, he then starts to discern it OBJECTIVELY (detached) AND WITH EQUANIMITY (does not react), as follows;

That; such and such is the feeling of SENSATION OF DEPRESSION, such and such is this SENSATION's intensity, and then he starts to ask himself;

.

Do I need to be affected by this SENSATION OF DEPRESSION? 'NO'

Am I supposed to DISCARD THIS SENSATION as just another material sensation and let go of it? 'YES'

.

With this knowledge as soon as a SENSATION or FEELING of **DEPRESSION** ARISES, the monk discerns it as a MATERIAL NATURE brought about by one or more of 6 sense media, and after thoroughly understanding its character, feel, and intensity of the SENSATION, he simply discards it, lets go of it with the knowledge that ALL SENSATIONS, FEELINGS are of material nature born out of interaction with 6 sense media, and there is NO POINT SUFFERING THEM.

3)

Monks;

When the monk sees sensations of "**BEING HUMILIATED"** arising, he then starts to discern it OBJECTIVELY (detached) AND WITH EQUANIMITY (does not react), as follows;

That; such and such is the feeling of SENSATION OF "**BEING HUMILIATED**", such and such is this SENSATION's intensity, and then he starts to ask himself;

.

Do I need to be affected by this SENSATION OF "BEING HUMILIATED"? 'NO'

Am I supposed to DISCARD THIS SENSATION as just another material sensation and let go of it? 'YES'

.

With this knowledge as soon as a SENSATION or FEELING of "**BEING HUMILIATED**" ARISES, the monk discerns it as a MATERIAL NATURE brought about by one or more of 6 sense media, and after thoroughly understanding its character, feel, and intensity of the SENSATION, he simply discards it, lets go of it with the knowledge that ALL SENSATIONS, FEELINGS are of material nature born out of interaction with 6 sense media, and there is NO POINT SUFFERING THEM.

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Monks; This is the PATH TO TRANSCENDING MATERIAL NATURE.

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Observing BODY SENSATIONS as ARISING AND PASSING AWAY ('SENSE or AWARENESS OF ANICCA or ANITYA aka ARISING and PASSING AWAY'] June-8-2023

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#VIPASSANA #TeachingsOfBuddha #BUDDHA #SENSATIONS #ANICCA #ANITYA

How to observe Body sensations?

A Sadhak MUST train them to use path of sensation to find "exact contact location" of body part where sensations are alive, and INSTEAD OBSERVE "arising of sensation exactly at CONTACT where sensation touches body part affected by sensation.

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Bikkhu's;

Body afflicted with GROSS or SUBTLE sensations is contemplated as follows;-

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When afflicted by SENSATIONS, one shall follow the rule of arising and passing away and observe them with the knowledge that they are IMPERMANENT, unsatisfactory, and 'no-self'.

.

Here the IMPERMANENT nature of sensations is identified by observation of the most intense sensation alive in pRESENT MOMENT as directed by the mind, and as it ARISES and mind simply sees it's arising, and then the mind simply moves to observe NEXT ARISING SENSATION and PREVIOUS SENSATION is simply understood as a sensation that PASSED AWAY (ANITYA or ANICCA).

That means; when observing any arising sensation, it shall be understood that the previous arising has already passed away.

.

The unsatisfactoriness of sensation is understood as 'there is an element of suffering in all body sensations' and NO-SELF is understood as 'THERE IS NO PHYSICAL EXISTENCE OF FEELING of SENSATION, as they manifest from time to time and appear as arising and passing away when observed with 'SENSE OF ANICCA or ANITYA' aka 'ARISING and PASSING AWAY'

.

Thus; when inflicted with any BODY SENSATION (Cut, Itch, Pain of any type, etc), one shall TRAIN THEMSELVES to 'observe the SENSATION as ARISING and PASSING AWAY, specifically focusing on observing INTENSITY of sensation', WITHIN INFLICTED BODY PART AREA.

For this simply use your inner vision to observe the 'MOST INTENSE sensation' that has grabbed your mind's attention and simply observe its arising , specifically focusing on observing INTENSITY of sensation.

.

To illustrate this as an EXAMPLE OF BUBBLES That are arising and passing away when the WATER IS BOILED:

Here; one shall see or observe an ARISING BUBBLE that is VISIBLE to your EYE in the ‘present moment’, and as the bubble arises and passes away, your EYE simply moves to observe the NEXT ARISING BUBBLE that is automatically visible to your eye, without you intending to SELECT the next water bubble. Every observation of the next arising water bubble is seen as the passing away of the previous water bubble. Usually, the water bubble that is most intense and is jumping takes your attention and in a similar way the MOST INTENSE SENSATION grabs the mind's attention as the next arising sensation WITHIN INFLICTED BODY PART AREA.

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THIS IS HOW ONE SHALL OBSERVE when inflicted with BODY SENSATIONS of ANY TYPE (gross, subtle, or intense)

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**** Transcending the material nature [Another perspective]; ** 23-June-2023**

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Monks;

The habit pattern must change from a desire to engage with 'material nature' that is the result of interaction with 6 sense media to 'LET GO OF them', and abandon them whenever they are felt.

Monks;

If we are depressed; because we have the desire to be depressed, feel sorry for ourselves.

If we are fearful; because we have a desire to be fearful,

If we are anxious; because we have a desire to be anxious,

.

But if we learn to LET GO OF material nature in all forms as soon as they are felt, and abandon them, then monks we have learned to TRANSCEND THE MATERIAL NATURE.

The desire to experience the material nature must be let go of with the knowledge that what is not visible, is NO-SELF, and can only be felt is an illusion and so the desire to experience or engage with them must be let go as soon as the material nature is felt in any form.

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Monks;

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Every time I feel the **ANXIETY**, and feel anxious, I remind myself;

Oh; this is just a 'material nature', the result of the interaction of 6 sense media.

And so Monks;

What is not visible and can only be felt, does not have a physical presence, and so the desire to experience or engage with them must be ‘let go’ as soon the material nature is felt in any form.

.

Every time I feel the FEAR, and feel FEARFUL, I remind myself;

Oh; this is just a 'material nature', the result of the interaction of 6 sense media.

And so Monks;

What is not visible and can only be felt, does not have a physical presence, and so the desire to experience or engage with them must be ‘let go’ as soon the material nature is felt in any form.

.

Every time I feel 'HUMILIATED or dishonored’ and feel DISHONORED, I remind myself;

Oh; this is just a 'material nature', the result of the interaction of 6 sense media.

And so Monks;

What is not visible and can only be felt, does not have a physical presence, and so the desire to experience or engage with them must be let go as soon the material nature is felt in any form.

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Monks; This is how one shall TRANSCEND THE MATERIAL NATURE, guided by compassion and lovingness one shall stress to TRANSCEND THE MATERIAL NATURE in all forms.

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MEDITATING ON BODY SCAN to resolve
all kinds of MIND/Mental issues [11-July-2023]
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Monks;

This METHOD is also a PATH to CALM DOWN BODILY FORMATIONS (anxiety, fears, mental hindrances, various sensations on the body, calming of phenomena that pass by that are in a state of flux)

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SADHAK has already understood that the HABIT PATTERN must change from ‘wallowing in SENSATIONS OR incidents happening on body parts’ to INSTEAD OBSERVING THEM with EQUANIMITY, Here we observe EVERY INCIDENT that the body is experiencing and all the observations are OBJECTIVE [without any perceptions or mental evaluation] and we maintain absolute EQUANIMITY [not create any craving or aversion, delusion or clinging] when observing any or all incident that the body part if experiencing at this moment.

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Also, every observation of body parts is done through INNER VISION within seconds, top to bottom, bottom to top, left side top to bottom, right side top to bottom, back side top to bottom, and reverse.

A Quick Body scan is done, piece by piece, inch by inch, sometime holistically and other times part by part, a few seconds here and a few seconds there keeping the scanning of the body part being observed all the time afresh.’NEVER remain on any body part area for more than 2 seconds, keep moving top to bottom and bottom to top scanning the whole body during meditation (never scan in circles or zigzag).

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If a specific area of a body part needs scanning, then continue to move within inflicted body part space moving 2 seconds here and 2 seconds there, never remaining at one location for more than 2 seconds.

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All observations are OBJECTIVE with absolute EQUANIMITY maintained without any reaction, eyes closed, and ‘inner vision or mind's eye’ is used to scan the body parts.

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ACTUAL PROCESS step by step for meditating on stillness, scanning for any incidents that arise anywhere on body:

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Keeping the above rules in mind let's follow the meditation steps below:-

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Let's sit and close our eyes. The intent is to bring every body part to STILLNESS, calming the mind and relaxing one start this process.

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Now ""starting from LEFT side of shoulder"", using the mind's eye or inner vision, quickly scan from the top of the head to the bottom feet starting from the LEFT side of shoulder.

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Your inner vision shall travel through whole left side of body, making sure to pass over any sensation or incident that is happening on any body part. For Example, if one feels itch or pain or any other incident, at any portion of body part, your job is to simply let your inner vision walk over it while the body scan is happening without giving any reaction. If there are no sensations or incidents detected, then simply continue to scan the body as mentioned. The scan shall be completed within few seconds top to bottom and reverse. DO THE SAME in REVERSE starting from bottom feet to top of head.

.

Or; For example, in case of anxiety or panic or OCD symptoms, continue to observe TENSION or SENSATIONS that arises or builds up in the body on account of this anxiety or panic or OCD symptoms, and observe the tension or sensations affecting the body without giving any reaction, simply let inner vision walk over it during body scan, observe objectively and with equanimity, maintaining the calmness and stillness of mind and body. DO NOT REACT TO ANY INCIDENT, sensations, pain, etc. ET ALL, simply observe them and move further.

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Now starting from RIGHT side of shoulder, using mind's eye or inner vision, quickly scan from top of head to bottom feets starting from RIGHT side of shoulder.

Your inner vision shall travel through whole RIGHT side of body, making sure to pass over any sensation or incident that is happening on any body part. For Example, if one feels itch or pain or any other incident, at any portion of body part, your job is to simply let your inner vision walk over it while the body scan is happening without giving any reaction. If there are no sensations or incidents detected, then simply continue to scan the body as mentioned. The scan shall be completed within few seconds top to bottom and reverse. DO THE SAME in REVERSE starting from bottom feet to top of head.

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Now starting from TOP OF HEAD, using mind's eye or inner vision, quickly scan from top of head to bottom feets scanning whole body.

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Your inner vision shall travel through whole body, making sure to pass over any sensation or incident that is happening on any body part. For Example, if one feels itch or pain or any other incident, at any portion of body part, your job is to simply let your inner vision walk over it while the body scan is happening without giving any reaction. If there are no sensations or incidents detected, then simply continue to scan the body as mentioned. The scan shall be completed within few seconds top to bottom and reverse. DO THE SAME in REVERSE starting from bottom feet to top of head.

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Now starting from TOP OF HEAD from back side, using mind's eye or inner vision, quickly scan from top of head from back side to bottom feets scanning whole body.

Your inner vision shall travel through whole body, making sure to pass over any sensation or incident that is happening on any body part. For Example, if one feels itch or pain or any other incident, at any portion of body part, your job is to simply let your inner vision walk over it while the body scan is happening without giving any reaction. If there are no sensations or incidents detected, then simply continue

to scan the body as mentioned. The scan shall be completed within few seconds top to bottom and reverse. DO THE SAME in REVERSE starting from bottom feet to top of head.

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Simply, continue to observe using inner vision, maintaining absolute equanimity [NO REACTION whatsoever] without showing any craving or longing, aversion or ill will, or delusion with respect to I, ME, MINE, or THEM, NOT CLINGING TO ANYTHING in the world of mind (Mental contents, thoughts) and Body(sensations and incidents of the body). At every step, you must learn to let go of craving, aversion, and delusion I, Me, Mine, Them) and clinging with respect to anything in the world of mind and matter (body) with the INTENT TO CALM BODILY and MENTAL FORMATIONS and BRING THEM TO MAXIMUM STILLNESS possible. CONTINUE TO FEEL THE STILLNESS. Move fast and scan the entire body top to bottom and bottom to top (never in circles)

.

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Or, For example, in case of anxiety or panic or OCD symptoms, continue to observe TENSION or SENSATIONS that arises or builds up in the body on account of this anxiety or panic or OCD symptoms, and observe the tension or sensations affecting the body without giving any reaction, simply let inner vision walk over it during body scan, observe objectively and with equanimity, maintaining the calmness and stillness of mind and body. DO NOT REACT TO ANY INCIDENT, sensations, pain, etc. ET ALL, simply observe them and move further.

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The INTENT is always to bring the body part being observed to MAXIMUM STILLNESS or CALMNESS, and once achieved then move to the next part of the body. Nevers top for more than 2 seconds, keep moving top to bottom and bottom to top scanning for any incidents arising on body parts, and if you notice any incident then just walk over it quickly with mind’s eye or inner vision, your job is to simply observe every incident that you found on body parts, not missing even a single or minute incident.

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Continue to feel the STILLNESS of mind and body, but if one feels any type of sensation or INCIDENT that is affecting any of body part, then one must move the focus of their INNER VISION or MIND's EYE to observe that INCIDENT affecting body part and walk you inner vision over it without waiting during body scan.. Simply continue to observe that incident or sensation piece by piece moving across body without waiting, All observations are OBJECTIVE with EQUANIMITY maintained.

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Also, every observation of body parts is done piece by piece, inch by inch, sometime holistically and other times part by part, a few seconds here and a few seconds there keeping the scanning of the body part being observed all the time afresh.' Move fast, do not be in one place for more than 2 seconds. Simply observe and take note of incidents through your inner vision that you found and move further down or up.

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Sit in a STILL POSITION, with eyes closed, feeling the STILLNESS, ALERT TO ANY INCIDENT that may arise on body parts, and then move focus to observe that incident affecting the body maintaining objective observation and absolute equanimity, till the maximum stillness has been achieved. DO NOT REACT TO ANY INCIDENT ET ALL, simply observe them and move further.

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For example, in case of anxiety or panic or OCD symptoms, continue to observe TENSION or SENSATIONS that arises or builds up in the body on account of this anxiety or panic or OCD symptoms, and observe the tension or sensations affecting the body without giving any reaction, simply let inner vision walk over it during body scan, observe objectively and with equanimity, maintaining the calmness and stillness of mind and body. DO NOT REACT TO ANY INCIDENT, sensations, pain, etc. ET ALL, simply observe them and move further.

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Continue to perform meditation on BODY SCAN a few times a day to bring mind and body to feel the STILLNESS that surrounds mind and body and calm down all types of bodily or mental formations.

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How to CLEANSE CONSCIOUSNESS that is PAST/ PRESENT and FUTURE?

Last Updated: July, 24-2023

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Venerable Sir,

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After learning the wisdom of DHAMMA, we have understood not to create a consciousness that is conditioned or afflicted.

But venerable sir, how do we change CONDITIONAL CONSCIOUSNESS to NEUTRAL, that is already been created in the past on account of ignorance?

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Bikkhu's;

Where is CONSCIOUSNESS born?

CONSCIOUSNESS is born where it is received in the first place and MIND is where the aggregate of total CONSCIOUSNESS from 6 sense media is COGNIZED as NO-SELF.

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Bikkhu's;

There is EYE CONSCIOUSNESS, EAR CONSCIOUSNESS, BODY CONSCIOUSNESS, TONGUE CONSCIOUSNESS, NOSE CONSCIOUSNESS, BRAIN CONSCIOUSNESS.

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What one sees is COGNIZED into EYE CONSCIOUSNESS.

What one hears is COGNIZED into EAR CONSCIOUSNESS.

What one feels as touch or sensation, is COGNIZED into BODY CONSCIOUSNESS.

What one tastes is COGNIZED into TONGUE CONSCIOUSNESS.

What one smells is COGNIZED into NOSE CONSCIOUSNESS.

What one perceives is COGNIZED into BRAIN CONSCIOUSNESS.

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Bikkhu's;

Mind is where the aggregate of TOTAL CONSCIOUSNESS is COGNIZED.

What one sees out of MIND is NO-SELF i.e. it has no physical presence. These are just images and visual animations born out of CONSCIOUSNESS that is our PAST or PRESENT, cognized into 6 sense media due to our past interactions.

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As per the law of nature any type of CONSCIOUSNESS that is conditioned or afflicted [conditioned by craving/ aversion/ delusion (I, me, mine)/ clinging], then it must "arise, persist for a while and cease", till it has been resolved or changed to NEUTRAL or UN_CONDITIONED.

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Thus, beings are constantly made aware of CONSCIOUSNESS that is afflicted or conditioned and see them arising and passing away from time to time, and if these CONSCIOUSNESS are afflicted then they cause misery as was felt during interaction during their creation.

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Now Bikkhu's;

If we can CHANGE the behavior of CONSCIOUSNESS as was cognized during their creation and make them un-conditional and un-afflicted then Bikkhu's, beings can rid themselves of misery of such past CONSCIOUSNESS that was afflicted in the first place.

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And the best time to do that is when they ARISE NEXT TIME as per the law of nature, and BEINGS being alert to such ARISING of CONSCIOUSNESS that is past or present, makes all efforts to NOT-REACT [equanimity] and observe them OBJECTIVELY (detached unemotional observation of feelings and sensations), and with such observation of CONSCIOUSNESS that has arisen as part of past or present cognition, such a CONSCIOUSNESS is released from the affliction.

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Bikhhu's;

MIND is no-self; anything that arises out of mind has no physical existence, they are just images, visual animation and hence any feeling that is felt is no-self i.e. born out of mind, must be "transcended as material nature" and shall be let go or abandoned immediately with the knowledge 'this is just a material nature and not worth responding to"

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Bikhhu's, Anxiety is no-self, depression is no-self, feeling of panic is no-self, fear is no-self, and so on,

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But Bikhhu's, effect of what is no-self or feelings that are not let go immediately as 'material nature coming out of mind' have a gross effect on body in the form of SENSATIONS.

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Thus, if feeling of 'fear' is not leg go immediately as soon as they are felt with knowledge 'material nature, born out of mind so let go or abandon it immediately as soon as they are felt' then their effect are "felt on body parts" as 'chills' or in the others forms as GROSS SENSATIONS.

Thus, if feeling of 'anxiety'' is not leg go immediately as soon as they are felt with knowledge 'material nature, born out of mind so let go or abandon it immediately as soon as they are felt' then their effect are "felt on body parts" as 'sensation of anxiety' or in the others forms as GROSS SENSATIONS.

Thus, if feeling of 'depression'' is not leg go immediately as soon as they are felt with knowledge 'material nature, born out of mind so let go or abandon it immediately as soon as they are felt' then their effect are "felt on body parts" as 'sensation of depression' or in the others forms as GROSS SENSATIONS.

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The 'SENSATIONS felt on body parts' are observed as ANICCA or ANITYA, i.e. directed by mind one attends to sensations, one by one as soon as they are felt ARISING at different parts of body; just like bubbles in th boiling water can be attended as the one that are arising or jumping and take mind's attention one by one.

The other way to observe sensation is to START A BODY SCAN 'TOP of head TO BOTTOM feets and Reverse', AND simply walk the INNER VISION over every sensation that is affecting the body.

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For changing the CONSCIOUSNESS to un-conditional and un-afflicted, BEINGS SHALL FOLLOW the FOLLOWING STEPS as soon as CONSCIOUSNESS that is afflicted has

arisen as past mental images or visual animation images: -

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Now Bikkhu's; Every interaction whether PAST or PRESENT is first cognized into 6 sense media and then relayed back to us as CONSCIOUSNESS.

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As soon as CONSCIOUSNESS that is PAST (relayed from past interaction or sub-CONSCIOUS) or during PRESENT INTERACTIONS [even interaction that is happening in PRESENT MOMENT is relayed back as CONSCIOUSNESS to us], for example, watching of a TV is being felt through 6 sense media in REAL-TIME, but is being relayed back to us as CONSCIOUSNESS.

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Bikkhu's; Every CONSCIOUSNESS whether past or present that is cognized, must not be inflicted with or conditioned by "craving/ aversion/ delusion (I, me, mine)/ clinging" so as to not cause misery.

For this a SADHAK must learn to follow '8 noble path' or in general is cautious enough not to create "craving/ aversion/ delusion (I, me, mine)/ clinging " during every interaction of life.

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Now; CONSCIOUSNESS is felt on BODY in the form of SENSATIONS. SENSATION, OVERLAP both MIND and BODY and hence CONSCIOUSNESS that is NO-SELF is cognized as part of the MIND, while SENSATIONS are felt on the body on account of how the CONSCIOUSNESS was 'fabricated' in PAST or is being fabricated in PRESENT. Fabrication of CONSCIOUSNESS happens though volitional acts (physical, mental or verbal).

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Bikkhu's; since SENSATIONS OVERLAP both the MIND and MATTER (body), when one observes sensations felt on body parts, objectively and with equanimity, both mind and matter are resolved.

In any case, the CONSCIOUSNESS that arises may be felt as SENSATIONS on body if the CONSCIOUSNESS is CONDITIONED, and Bikkhu's; when one observes these sensations felt on body with equanimity [NO-Reaction] and objectively (DETACHED), then one has CHANGED this CONSCIOUSNESS to that is 'un-afflicted or not conditioned'.

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For EXAMPLE:-

1)

Those inflicted with PHOBIA of getting panic attack when going into an elevator,

shall either discern PHOBIA as a 'MATERIAL NATURE born out of mind and is no-self and so worth abandoning or letting go immediately as soon as one sees or feels phobia arising',

Or;

one can first get into an elevator and then through their inner vision or mind's eye, quickly and continuously, continue to observe the entire body from the top of head to bottom feet and REVERSE, MAKING SURE TO WALK THEIR INNER VISION over every sensation that is being felt on body on account of phobia, fear, anxiety or panic being created and felt on body parts in the form of gross sensations.

One must walk over every sensation scanning quickly within seconds from the top of the head to the bottom feet and reverse, but making sure to walk their inner vision over every sensation without waiting at any part of the body.

If the legs are feeling the sensations, one may simply use their inner vision to scan on legs from top thighs to bottom feet and reverse; till the sensations have mellowed down to nothing.

**** Every observation of sensation must be with EQUANIMITY (No Reaction whatsoever) and OBJECTIVE (Detached unemotional observation) ****

2)

Those who have a phobia of not being able to 'WATCH horror movies' shall do the same as mentioned above.

Simply sit and start the horror movie and then continue to scan the entire body with inner vision or mind's eye, from the top of the head to the bottom feet and reverse, as the movie is being played, MAKING SURE TO WALK THEIR INNER VISION over every sensation that is being felt on body on account of 'watching of a horror movie', phobia, fear, anxiety or panic being created and felt on body parts in the form of gross sensations.

As you feel the sensations of fear or anxiety in your body while watching the movie, your mind's eye or inner vision is programmed to simply walk over every sensation that is being felt during watching the horror movie.

**** Every observation of sensation must be with EQUANIMITY (No Reaction whatsoever) and OBJECTIVE (Detached unemotional observation) ****

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Bikkhu's; this is how one transcends the CONSCIOUSNESS from conditioned and afflicted to un-conditional and neutral

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Impermanence (Sensations)- Phenomenon - ANATTA (No-self)

[Body-Phenomenon-Mind] EXPLAINED - July 29-2023

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Impermanence (Sensations)- Phenomenon - ANATTA (No-self)

Sensations- MISERY - NO-Self

Body-Phenomenon-Mind

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ALL OBSERVATIONS are done with EQUANIMITY [No Reaction] and Objective observation [Detached, un-emotional observation of sensations- phenomenon, and mind]

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While MIND is contemplated as NO-SELF with 5 SKHANDA's, 'elements of SELF' with no material or physical presence (form, Feelings, perceptions, Volitional Acts) Cognized as CONSCIOUSNESS;

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BODY is experienced with SENSATIONS and their 'arising and passing away' and every new ARISING of SENSATION signals 'passing away of previous arising'.

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While anything that our inner vision sees arising out of MIND is contemplated as 'MATERIAL NATURE that has no physical existence' and thus, any interaction with what is NO-SELF is immediately let go or abandoned as 'material nature that must be transcended in all forms'.

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While, SENSATIONS arising on/inside the body are witnesses as 'ARISING and Passing away', and thus, every sensation that is felt within limited inflicted body parts or across the body parts is objectively observed as it ARISES and is seen by the mind's eye or inner vision as 'next arising'.

Directed by the mind's eye or inner vision, one continues to observe "BODY SENSATIONS" as soon as they ARISE, and when the mind's eye has jumped to observe NEXT ARISING SENSATION, the previously arisen sensation has either mellowed down or disappeared. This is also known as ANICCA or ANITYA or 'impermanence', as it is witnessed through observation of body sensations.

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The Objective observation of body Sensations RESEMBLES "BUBBLE ARISING and Passing AWAY in BOILING WATER", as one always notices one bubble at a time that jumps and takes attention one at a time, and as one continues to observe bubble after bubble, previously arising bubbles have already assumed to be passed away.

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How to TRANSCEND the BIRTH AND DEATH CYCLE, ROLE OF a CONSCIOUSNESS in NIBBANA- July-31-2023

Consciousness, that does NOT need to acquire a human form.

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Monks,

How is a BEING defined?

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BEING is nothing but a pile of fabrication? and what do we fabricate monks?

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Monks, We fabricate consciousness, and a consciousness that is afflicted will continue to acquire a human form until they have been resolved, converted to un-conditional or neutral.

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And monks, how is consciousness afflicted?

Consciousness is afflicted when it is conditioned, conditioned by craving, aversion, delusion (I, ME, Mine), and clinging.

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Monks;

If there is "consciousness" then there is a "NAME-FORM",

for NAME-FOrM there are "6 sense media"

if there are 6 sense media, there is a CONTACT

If there is a CONTACT, there is a "FEELING"

If there is FEELING there is a "CRAVING"

If this craving is intense, it turns into a CLINGING

CLINGING is a cause of BECOMING (incubation of coming birth)

This BECOMING is the cause of a NEW BIRTH

If there is a BIRTH (There is the process of aging, decay, and death)

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This is how the cycle of "consciousness" or dependent origination is explained.

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MONKS;

The CRAVING to acquire, to gain, to experience is the cause of the BIRTH of a "consciousness" that is afflicted.

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Ignorant beings (NAME-FORM) continue to create a consciousness that is afflicted and Monks, so long there is consciousness that is afflicted, it will continue to acquire human form so that it can be resolved, as consciousness can not function on its own, it requires a mind-body [name-form] to function.

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Thus monks; "to END this CYCLE OF BIRTH and DEATH"; one must take a path to a NIBBANA, continue to stress for NON-DESIRE in the "world of mind and matter", continue to stress to CONVERT every afflicted consciousness to neutral or unconditional.

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THIS IS HOW ONE SHALL TRANSCEND the cycle of birth and death and live a formless life, i.e.; consciousness that does need to acquire a human form.

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Can BEINGS have a FORMLESS experience, detached from the body? - July-31-2023

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This is my understanding of spiritual science, as of now based on my logical conclusion of what I have learned to date:

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Monks;

EVERY NEW ARISING IS A MISERY. Birth is a MISERY, existence in a material form is a misery.

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What is the REQUISIT CONDITION for an EXISTENCE OF A BODY (BEING with mind and body)?

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If we have collected consciousnesses that are conditioned from birth till date, consciousnesses that are conditioned by craving, aversion, delusion (I, ME, Mine), and clinging, then as per "LAW OF NATURE" these consciousnesses must "ARISE, PERSIST for a WHILE and CEASE".

Thus monks; the requisite condition for a consciousness to cause misery for several births is that "it does not exists in BLISSFUL form and is conditioned or afflicted".

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Monks; consciousness can not work on its own, it must acquire a physical form so that in a new body there is a chance of resolution, and hence a REQUISIT CONDITION for an EXISTENCE OF A NEW BODY (BEING with mind and body) continues to EXIST as long as there is a consciousness that is conditioned or afflicted.

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Once all the conditions of affliction are cleansed, consciousnesses do NOT need to acquire a new body for their resolution; hence, they can exist in a FORMLESS AVATAR.

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Just like in example of an APPLE TREE, if apple tree were to get NIBBANA and does not need to acquire a new body as NEW TREE, then it must produce "apples without seeds", in the same way monks; we must collected and create consciousnesses that are NOT conditioned and NOT afflicted by seeds of craving, aversion, delusion (I, ME, Mine), and clinging.

Now, if BEINGS were trained to TRANSCEND MIND and MATTER so as NOT to create new 'aggregates of SELF' (form, feelings, perceptions, volitional acts) that are conditioned or afflicted and are thus COGNISED as BLISSFUL CONSCIOUSNESS;

and also, if BEINGS were trained to CLEANSE PAST, PRESENT, and FUTURE consciousnesses and remove their affliction and make them un-conditioned by 'MEDITATING ON VIPASSANA BODY SCAN' [top of head to bottom feet and reverse],

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then Monks; REQUISIT CONDITION for an EXISTENCE OF A NEW BODY does not exists, as there are no consciousness’s that need to CLING to BODY for their resolution, and in such cases, BEINGS can experience FORMLESS AVATAR as they meditate on ANAPANA.

Thus monks; If one has TRANSCENDED MIND as "MATERIAL NATURE that is displayed as images, thoughts, and visual animation and has thus no physical presence", and if one has TRANSCENDED MATTER (BODY) in terms of observing BODY SENSATIONS as ANICAA or ANITYA, and also one has cleansed all the "consciousness" created or collected from birth (Including past births) till date, by "MEDITATING ON VIPASSANA BODY SCAN"; and then monks, One then takes refuge in SECLUSION and enters into ANAPANA MEDITATION of breath, then, monks, he can experience a formless AVATAR, detached from the body, as "requisite conditions for 'consciousness' to CLING to a BODY" has been annihilated, mellowed down, or paused.

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REAL LIFE EXAMPLE WHERE DHAMMA VIPASSANA techniques WERE APPLIED with WISDOM OF SAMPAJANA (UPDATED 05-March- 2021)

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IMPORTANT NOTE on How to observe SENSATIONS: (5-march-2022) (VIPASSANA)

Wherever I have mentioned 'HOW TO OBSERVE SENSATIONS or HOW DO WE OBSERVE SENSATIONS", Following TEXT shall be taken as TRUE AND LATEST (5-march-2022)

How to observe Body sensations? A Sadhak MUST train them to use path of sensation to find "exact contact location" of body part where sensations are alive, and INSTEAD OBSERVE "arising of sensation exactly at CONTACT where sensation touches body part affected by sensation. To be precise “meditate on CONTACT”

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A SADHAK, MUST train them to ignore gross sensation and INSTEAD OBSERVE subtle sensations through mind's eye or inner vision, that are arising at CONTACT where gross sensation touches body part affected by sensation. This means you are observing SENSATIONS but at their exact arising near to surface of skin where sensation makes contact with body part skin. If you have learnt to observe exact contact moment or sensation at their exact arising location, when sensation makes contact with affected body part, you would have learnt to eradicate sensation at the root. Thus, meditating on sensations at CONTACT or at their exact arising location, one is able to alleviate misery from the root.

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There lies 2 SELFs on same branch of consciousness that informs you of arising sensations, one SELF, that observes and other SELF, that reacts and evaluates. Here, one is required to choose SELF that simply observes and does not react. Be an OBJECTIVE OBSERVER and maintain absolute equanimity when observing sensations. SIMPLY OBSERVE sensations at their exact arising, with BLANK MIND, DO NOT ANALYZE or GIVE ANY OPINION, do not do any evaluation of any kind, good or bad. SIMPLY

OBSERVE sensations as they happen within affected body part till the sensations are gross or thick until they have mellowed down.

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Simply saying we are observing sensations with mind's eye or inner vision, without missing even a single sensation, at their exact arising location, sometimes HOLISTICALLY, sometimes piece by piece, moving inch by inch, one second here and next second there, WITHIN affected body part.

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We shall continue to observe sensations within affected body parts, scanning the affected body part through inner vision or mind's eye as long as that SENSATIONS are gross or visible.

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All existence in essence is impermanent, suffering and no-self (i.e., as experienced by mind body-consciousness and 6 sense)

+++++++ WHAT IS VIPASSANA MEDITATION?

VIPASSANA is in 2 parts-

1)

ANAPANA Breath Observation

2)

INSIGHT MEDITATION (observe sensations and mental hindrances)

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Objective observation and **equanimity** are the TWO TOOLS that are used throughout the DHAMMA teachings of vipassana meditation.

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ANAPANA meditation, helps rein in MIND that is running like a wild horse, uncontrolled, rolling in thoughts, not living in PRESENT MOMENT, thus creating agitation and distress here and there. In ANAPANA meditation we observe breathe that come in, by keeping our mind’s vision FIXED at nose

doors, and also observe breathe that goes out. Here a sadhak makes every effort to stop mind from rolling in thoughts of any kind with wisdom that all thoughts are dreamlike, illusion and no-self, lack any substance, and waste our precious time, so why indulge in thoughts? Thus, they bring their FOCUS back to NOSE DOORS and observe breathe that float outside exactly near nose doors or in other words, observe inhale and exhale keeping their minds vision focused exactly at nose door.

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INSIGHT MEDITATION OR VIPASSANA meditation is the TOOL we use to ERADICATE ALL MENTAL DEFILEMENTS or SANKHARA as they are called in ancient PALI language, that have taken resident in our mind and body on account of IGNORANCE. Here IGNORANCE means, when one WAS NOT OBJECTIVE OBSERVER and WHEN ONE DID NOT SHOW EQUANIMITY and REACTED out of craving or aversion or delusion with respect to thoughts and phenomenon, which resulted in fabrication or formations i.e., SANKHARA or MENTAL DEFILEMENTS.

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what is objective observation and equanimity? An objective observer **simply observes**, **DETACHED**, all things as they are, **without giving any opinion**, **does not give any emotional reactions**, maintaining **absolute equanimity by not creating any craving or aversion** OR **REACTION**, towards object of interaction or meditation (breathe, phenomenon, sensations, mental hindrances). An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING.

An Objective observer applies DETACHED AWARENESS.

It is understood that when one **REACTS**, he generates sankhara or mental defilements, but when one **RESPONDS with AWARENESS**, that every interaction with outside objects, phenomenon, must not give rise to craving or aversion, then one has understood **EQUANIMITY**. Thus, one shall **RESPOND WITH AWARENESS** and **AVOID REACTING** to any phenomenon or interaction with outside objects or persons, sensations, mental hindrances, and when doing so he makes sure not to give rise to craving or aversion of any kind, this is EQUANIMITY as understood by sadhak.

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THE EQUANIMITY is practiced in 2 STEPS: 1) learn to replace REACTION of AVERSION to REACTION OF COMPASSION. 2) Then, next

step is to NOT REACT, NOT PERFORM ANY VOLITIONAL ACT out of ignorance, towards any arising of a SANKHARA or MENTAL DEFILEMENT.

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ALL **SANKHARA's** or mental defilements are **MORE INTENSIFIED** with every "**REACTION OF AVERSION**" you give to them on their arising. Thus, ONE SHALL TRAIN THEM to REACT with COMPASSION and NOT AVERSION towards any SANKHARA of any type. For example, **SCRATCHING the skin due to mosquito bite is a 'REACTION OF AVERSION'**, this can be REPLACED with "**REACTION OF COMPASSION" by just WIPING OUT SURFACE of SKIN GENTLY**.

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ALL 'Reactions of AVERSION' must be changed to 'reaction of COMPASSION', by sadhak. For example, REACTION TO ITCHING in form of SCRACTHING is a reaction of AVERSION and hence SADHAK must train themselves to instead WIPE OUT SURGFACE of SKIN "GENTLY", when affected by itching. Although in this case, one has REACTED through volitional or physical act, but instead of 'reaction of AVERSION', 'reaction of COMPASSION' has taken place which will help eradicate "sankahara of AVERSION" and change the same to "SANKHARA of COMPASSION".

Similarly, a SADHAK, must strive to change all such "REACTION OF AVERSION" with respect to all PHENOMENON or INTERACTION with outside world, and behaving such one does not create more misery that is result of IGNORANCE of reacting with aversion or craving towards all phenomenon or interactions of world.

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+++++ **The truth of suffering,**

is to be fully understood, the craving and defilements which originate it are to be abandoned or let go, Nibbana as deliverance/final goal from suffering is to be realized, and the Noble Eightfold Path that leads to deliverance is to be developed. The individual, who has completed these four functions is the ideal figure of Theravada Buddhism. This is the "Arahat", the Liberated One, who has broken all bonds of binding to the round of becoming and lives in the experienced freedom of Nibbana and bliss.

+++ **Change HABIT PATTERN from SUFFERING to OBJECTIVE OBSERVER**

If you have a fever, don't suffer fever, instead learn to **simply observe symptoms of fever** on affected body parts [Ref: How to observe DHAMMA sensations].

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If you are ANXIOUS with ANXIETY, don't suffer ANXIETY, instead learn to **simply observe symptoms of ANXIETY** on affected body parts [Ref: How to observe DHAMMA sensations].

If you are hurt on toe, don't suffer hurt or pain, instead learn **to simply observe symptoms of hurt** on body parts affected with pain, numbness, tingling or hurt in general [Ref: How to observe GROSS sensations].

If MOSQUITO BITE, don't suffer itching, instead learn to **simply observe symptoms of bite or itching** on affected body parts [Ref: How to observe GROSS sensations].

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And so on.....

++++ ** **SENSATIONS AND MENTAL HINDRANCES are an OPPORTUNITY TO ERADICATE MISERY** **

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EVERY ARISING OF SENSATIONS or MENTAL HINDRANCES is an opportunity for us to USE DHAMMA guidelines and learn on EXPERIMENTAL BASIS on how to eradicate these through objective observation and applying absolute equanimity.

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Thus, a SADHAK who wishes to LEARN DHAMMA through ACTUAL PRACTICALS, using SPIRITUAL SCIENCE methods as taught by BUDDHA, then arising of sensations and mental hindrance shall be seen as EXCELLENT OPPORTUNITY to apply dhamma guidelines on How to observe SENSATIONS and Mental Hindrances for eradication of misery, and sadhak can then apply principals of objective

observation and equanimity to OBSERVE FADING AWAY of these, thus understand the IMPERMANENCE in real time.

++++++**And how do we observe sensation?**

How to observe Body sensations? A Sadhak MUST train them to use path of sensation to find "exact contact location" of body part where sensations are alive, and INSTEAD OBSERVE "arising of sensation exactly at CONTACT where sensation touches body part affected by sensation.

SENSATION can be felt FLOATING ON SURFACE OF BODY PART AFFECTED. Body part affected by sensation is scanned with mind's eye or inner vision, moving from one location to another (within body part area affected), piece by piece, one second here one second there, thus cover entire body part area affected by sensation, observing it with absolute equanimity. But here we use sensation as a path to penetrate and reach the body part at their exact location on skin that is emitting these sensations and observe that body part area at 'exact arising' of sensation through continuous, objective, and equanimous observation of the body part active with sensations.

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Gross SENSATIONS FLOAT ON SURFACE OF SKIN of body part affected due to any defilement or injury or hurt or due to outside CONTACT like mosquito bite. While DHAMMA Sensations like anxiety, fear, anger, engulf the body holistically.

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And what is subtle or penetrative observation of sensation exactly at their arising or CONTACT? WHAT IS MEDITATING ON CONTACT? Conditioned by CONTACT arises SENSATION, and what is conditional arising? Arising caused by craving or aversion, thus this CONTACT is conditioned. Thus, if we use sensation as a path and objectively observe affected area of body part where sensation exactly tries to make CONTACT, this objective and equanimous observation of CONTACT, REVERSES the sensation and you notice sensation fades away. This is known as subtle or penetrative observation of sensation exactly at their arising or CONTACT.

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Observing 'CONTACT' in case of SENSATIONS, means observing 'CONTACT SURFACE of skin' wherever or all places touched by

SENSATIONS. In this case one does not observe SENSATIONS, they just observe ‘area of skin’ that made CONTACT with SENSATIONS or was TOUCHED by SENSATIONS.

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A **sadhak MUST train them to ignore sensation and INSTEAD OBSERVE CONTACT where sensation touches body part affected by sensation. If you have learnt to observe exact contact moment when sensation makes contact with affected body part, you would have learn to eradicate sensation at the root. Thus, meditating on CONTACT one is able to alleviate misery from the root.**

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Just like when searching for address of a location; you take help of another local person and once **path** to the address is known and understood, you simply ignore that person and reach exact destination; in same way sensations are used to reach their exact arising, where they are MAKING CONTACT with skin surface affected by sensation, and once exact arising location OR CONTACT is understood, sensations are immediately ignored or abandoned, this is the way one observes sensations at their subtle level or at CONTACT. Thus, we OBSERVE CONTACT instead of sensations to eradicate misery at subtle level at the root.

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+++ SUBTLE OR PENETRATIVE OBSERVATION of sensations and breathe. AVOID IF YOU HAVE TINNITUS ISSUE

Everywhere in anapan-satti they describe to observe ‘touch of air' on nose tips but I have concluded that ‘**CONTACT’** is what we shall observe and not 'touch of air', Thus your mind's eyes is able to observe all such CONTACTS on nose tip for every inhale and exhale.

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‘TOUCH OF AIR’ on nose tip is a SENSATION, but here we need to observe ‘**CONTACT area of skin surface’** and **NOT** sensation aka ‘touch of air’, Or one can say that **we observe 'exact skin surface'**, where every breathe touches during inhale or exhale.

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Thus, during every anapana breathe observation meditation on NOSE TIP, your ‘FOCUS is FIXED firmly on nose tips’ and you report or make a note of

all places of skin surface of nose tip that were touched by breathe during inhale or exhale.

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What is to be understood is that in case of **'GROSS SENSATION observation'** and '**BREATHE observation at both oval shaped NOSE TIP**', we reach exact surface of skin where 'sensation or air' make contact with skin surface and observe that exact skin surface area with equanimity.

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This is known as subtle observation of SENSATION and BREATHE, at CONTACT location of skin surface., This is subtle or penetrative observation.

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Observing 'CONTACT' at nose tips, means observing 'CONTACT SURFACE of skin' wherever or all places touched by breathe or air. In this case one does not observe breathe or air, they just observe 'area of skin' that made CONTACT with air or was TOUCHED by air.

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Similarly, observing 'CONTACT' in case of **GROSS SENSATIONS**, means observing 'CONTACT SURFACE of skin' wherever or all places touched by SENSATIONS. In this case one does not observe **GROSS SENSATIONS**, they just observe 'area of skin' that made CONTACT with SENSATIONS or was TOUCHED by SENSATIONS.

DHAMMA sensations like anxiety, fear, panic, anger etc. are observed as soon as they engulf body as a whole, or organ by organ, observing them with equanimity till they fade away.

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+++++++ Weakening of 5 Mental Hindrances:

When affected by mental hindrance "ill will or aversion" a SADHAK shall acknowledge that they are affected by "ill will or aversion", thus **"" meditating on that AWARENESS of MENTAL HINDRANCE with equanimity""**, sadhak continue to observe mental hindrance with equanimity till the mental hindrance has weakened or faded away.

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Similarly when affected by DOUBT, Similarly when affected by SENSUAL DESIRE, Sloth and Torpor or AGITATION, guilt or remorse, **"sadhak meditates on awareness of afflicted mental hindrance with equanimity till they have faded away".**

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If mental hindrance has created SENSATION on affected body part, then one must FIRST undertake sensation observation method at affected body parts to eradicate mental hindrance from the root.

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++ TWO NUTRIENTS of SANKHARA (HOW NOT TO INTENSIFY SENSATIONS)

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There are TWO nutrients which create mental defilement or sankhara or aggregate of self.

1)

NON-OBJECTIVE OBSERVER aka **NOT OBSERVING SENSATION as OBJECTIVE OBSERVER INTENSIFIES** the urge to REACT. [**REF: MY NOTE: how to observe sensations or sensations at contact point]**

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2)

NON-EQUANIMITY aka REACTION or **VOLITIONAL ACT** (Physical, verbal or mental) conditioned by carving or aversion or **'expectation of result'**, **With respect to SENSATION and volitional actions or mental hindrances.**

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First, SENSATION or MENTAL HINDRANCE arises and SADHAK is required to observe them as **OBJECTIVE OBSERVER (REF: MY NOTE: how to observe mental hindrances or sensations at contact point)**. But if sadhak gives in to temptation of **REACTING** to that sensation or mental hindrance and performs VOLITIONAL ACT, there now exists sankhara or mental defilement or aggregate of self for that sensation. A

volitional act or reaction must be done with compassion, wisdom and without expectations and thus a sadhak does not tie or CLING them to result of any action they perform. For example, all action of scratching in response towards itching must be converted to action of GENTLY wiping out surface of skin or body part affected, instead of act of scratching.

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THUS, being an **OBJECTIVE OBSERVER** at arising of sensation is first step to avoid creating a sankhara and **NOT REACTING** in response to sensation or mental hindrance is another way to avoid creating or weakening of that sensation or sankhara.

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ONE MUST PERFORM all KARMA or volitional act without expectation of results, where one does not bind actions with craving, aversion or results.

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Thus, from above it can be said that **SENSATIONS of ANY TYPE** are **INTENSIFIED** if SADHAK CONTINUES TO **REACT** against them.

++++++ Understanding 4 noble truth, equanimity, objective observation, IMPERMANENCE (anicca).

With example of how to observe mosquito bite (ITCHING), we learnt 4 noble truth, equanimity, objective observation, IMPERMANENCE (anicca).

A mosquito bite (itching) was understood as MISERY, any arising of craving or aversion towards this misery (mosquito bite) was abandoned and CESSATION of misery i.e., fading away of itching was REALIZED through continuous Objective observation (that simply observes) of ITCHING by maintaining absolute EQUANIMITY where one DOES NOT REACT. Once the itching faded away after few minutes it was understood that sensation of ITCHING was IMPERMANENT and if one does NOT REACT and shows absolute EQUANIMITY, SENSATION FADE AWAY on their own.

THE REACTION OF SCRATCHING (AVERSION to itching of any kind) towards mosquito bite or itching of any kind, can be CHANGED TO ""COMPASSION"", by gently wiping out surface of skin affected by ITCHING. So, next time you are affected by itching due to any reason, 'just wipe the surface of skin gently instead of scratching it"".

.+++++ LET GO to aggregates of self, objective observation of a phenomenon

With example of SARAH aka [bully or boss], we learn to "let go" of FORM that is SARAH, feeling or thought that is SARAH, perception that is SARAH and any reaction or volitional act that is SARAH. You shall avoid TALKING (Verbal volitional act) about SARAH with your friends, colleagues at office and at home or with anyone whatsoever, and just concentrate on task at hand assigned by SARAH.

You shall also OBSERVE SENSATIONS and mental hindrances with equanimity, that arise on account of interacting with a person causing misery, and release them as soon as they arise.

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With example of phenomenon or interaction where a person ignored you although you were working for him or her, you did not create craving or aversion by JUST BEING an OBJECIBVE observer and not going to ANALYZE why he or she behaved like this?

At the same time, you were alert to arising of any sensation on account of this and observe them and release them by being an objective observer and equanimous.

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This you did as per your wisdom of "SAMPAJANA', i.e., any creation of craving or aversion or doing karma with expectations, with respect to any phenomenon (interaction) is the cause of BECOMING i.e., BIRTH of a NEW MISERY. By becoming an objective observer and maintaining equanimity you have prevented a birth of misery thus.

+++ **QUESTION: how do I stop aversion for a person for which I have strong negative feelings?**

My Answer:

A thought or vision about person continues to haunt us who has been not good to us in some way but sampajana and wisdom that any aversion I allows to create, then it will be me who will feel miserable as any aversion will create a new sankhara or mental defilement or consciousness cognised as sankhara of aversion for that person, and once a sankhara is created it will continue to haunt me and make me miserable.

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FEELING is an element of SANKHARA or SELF, and thus, as soon as feeling or thought arises of that person causing misery, I continue to 'let go' of any aversion or feeling towards that person and thus save myself from creating a new sankhara or defilement and subsequent misery to myself. Also, one shall continue to have thoughts of compassion and lovingness for the same person causing you misery. ONE must train them to LET GO of 'FEELING in all forms', as FEELING' is an element of SANKHARA or SELF, and instead one shall DEVELOP COMPASSION and LOVINGNESS for one and all.

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Thus, a wisdom that any aversion I create for any one then I will be the first victim continues to guide me not to create any aversion for anyone. One shall always continue to show compassion and lovingness for everyone, to root out any aversion of any kind.

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Just let go of feeling of aversion with this wisdom. **OR, one can start observing breathe THAT FLOATS exactly outside nose doors whenever you feel unstable or lost and can not stop aversion being created. The Inhale and exhale that happens just outside nose door has to be observed with equanimity**

But if one was not alert enough to '**not create'** feeling of aversion, then one can switch to observing sensation and mental hindrances as soon as aversion arises on body; and thus, objective observation of sensation and mental hindrances, that arises due to aversion will weaken the sensation and subsequent aversion. An objective observer does not analyse, does not create opinions, he simply observes DETACHED, when meditating on breathe or contemplating on any phenomenon or thoughts.

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An objective observer is also aware of danger of creating a sankhara or defilement and knows that all objects of dhamma vipassana must be observed as they appear with a blank or neutral mind that is full of awareness of meaning of objective observation and equanimity.

+++++ Scanning the mind and body for mental hindrances ""ill will"", and 'thoughts'

A Sadhak or a PERSON, as soon he wakes up and scans his state of mind and body. In doing so he understands if he is affected MENTAL HINDRANCE “AVERSION” or “ill will” due to some phenomenon of interaction that is bothering him. This ill will or aversion may then cause PERSON to go into train of thoughts where in thoughts, he tries to fight that phenomenon or a person because of which aversion has arisen.

This is a vicious cycle and a person continues to be in STATE OF AVERSION and SUBSEQUENT THOUGHTS where he interacts with same phenomenon or person multiple times in thoughts.

Now, if one applies DHAMMA then one knows that cause of AVERSION is not the phenomenon or outside person or outside object, he know that cause of aversion or ‘ill’ will is ARISING OF MENTAL HINDRANCE ‘ill will’ or ‘aversion’, and thus with this wisdom he LET’s GO of any ill will towards the person or outside objects and then starts to CONCENTRATE or MEDITATE on SENSATION OF AVERSION or MENTAL HINDRENCE that is affecting him and thus he finds that MIND or HEAD is affected by this ill will, and so he OBJECTIVELY OBSERVES head location affected by awareness of ‘mental hindrance’, “agitation or aversion”, till the time sensations or hindrance has weaken.

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Thus, foulness should be developed for the purpose of abandoning greed (lust). Compassion, Loving, kindness should be developed for the purpose of abandoning ill will. Mindfulness of breathing should be developed for the purpose of cutting off applied thought. Perception of impermanence should be cultivated for the purpose of eliminating the conceit, ‘I am’”

+++

SADHAK must take AN OATH, to REMAIN OBJECTIVE OBSERVER when APPLYING PRINCIPALS of DHAMMA. That means he must NOT ANALYZE, must not give any opinion to any phenomenon or during meditating on breathe [ANAPANA] or during vipassana body scan, he must remain an objective observer and EQUANIMOUS, throughout the process of applying dhamma.

All the analysis etc. can be done when he is finished applying dhamma processes.

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+++ **When one feel unstable or in doubt**

WHEN in DOUBT or when a person feels unstable, he shall stop all processes of DHAMMA and shall observe breathe as follows:

one can start observing breathe THAT FLOATS exactly outside nose doors whenever you feel unstable or lost and cannot stop aversion being created. The Inhale and exhale that happens just outside nose door has to be observed with equanimity.

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Once you understand that sensation and mental hindrance are the real cause and not outside person or phenomenon that are in a state of flux, you will be at peace and then all you have to is observe these with equanimity, to eradicate them.

+++ EQUANIMITY at SUPERFICIAL or SURFACE level v/s equanimity at ROOT (1)

The EQUANIMITY that one shows by letting go of "form, feeling, perception, and fabrication", is a equanimity at SUPERFICIAL or at surface level, although that is also the path suggested by dhamma teachings.

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But when you observe sensations and mental hindrances, then you are showing equanimity at subtle level and eradicating misery from at the root and thus, destroying the seeds of sankhara from root.

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Thus, in an example where one is able to let go of 'form' that is SARAH the bully, 'perception' that is SARAH the bully, and so on…. but then there are thousands such SARAH's or TOMMYs who are bully or cause misery to others, and so if you error and do not let go of all feelings and perceptions for them then you will be miserable again. But when you have learnt to observe sensations and mental hindrances, then you are not worried about SARAH, TOMMY, Lizzy, Mandy or anyone else who is causing you misery.

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SENSATION's and MENTAL hindrances (DHAMMA SENSATIONS), that arise on account of any misery are UNIQUE for every situation or phenomenon and its easy to deal with them rather than dealing with unending flow of worldly objects or people that cause us misery. So, whether TOMMY makes you angry or SARAH makes you angry or Lizzy makes you angry, SENSATION of ANGER is similar or COMMON to all of

these people, and hence instead of dealing with so many people, one finds it easy to instead observe sensations of ANGER, as soon they arise on body, with equanimity, and the objective observation of dhamma sensation thus, releases the sensations in no time. Without SENSATION of ANGER one can not react with ANGER, and thus is able to eradicate the misery from the root. Gross sensation may require penetrative observation at CONTACT surface of skin which is explained mane places in this blog post.

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All then once has to do is to observe and be aware of sensation or mental hindrance that arise on mind and body and observing them with equanimity, one eradicates them from the root.

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THUS, WHEN ONE SAYS I HAVE RENOUNCED SENSUAL DESIRE, then that RENOUNCEMENT may be at SURFACE level, unless the RENOUNCING was eradicated from the ROOT by observing sensations that arise on account of sensual pleasure of any kind, with equanimity. For this one may have to be alert to arising of sensual pleasure at experimental level, and observe every sensation that arise thereof with absolute equanimity to destroy the fire of desire that seek sensual pleasure here and there.

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The question is therefore, whether to let go of form that is mosquito or let go of volitional act that is scratching (no reaction=equanimity) or observe sensation of itching with being an objective observer?

The answer would be to AVOID the form (any contact with MOSQUITO) if possible, avoid indulging in ACT OF SCRATCHING the skin surface by NOT REACTING in response to MOSQUITO BITE, and if everything else fails then OBSERVE SENSATIONS at subtle level in case of MOSQUITO BITE being an objective observer.

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The real renouncement comes from getting one self-released from SENSATIONS of those very sensual desire at each of body parts. But when you observe sensations, then you are showing equanimity at subtle level and at the root thus destroying the seeds of sankhara from root.

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+++ EQUANIMITY at SUPERFICIAL or SURFACE level v/s equanimity at ROOT (2)

The EQUANIMITY that one shows by letting go of “form, feeling, perception, and fabrication”, is a equanimity at SUPERFICIAL or at surface level, although that is also the path suggested by dhamma teachings.

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But when you observe sensations and mental hindrances, then you are showing equanimity at subtle level and eradicating misery from at the root and thus, destroying the seeds of sankhara from root.

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THUS, WHEN ONE SAYS I HAVE RENOUNCED SENSUAL DESIRE, then that RENOUNCEMENT may be at SURFACE level, unless the RENOUNCING was eradicated from the ROOT by observing sensations that arise on account of sensual pleasure of any kind, with equanimity. One must observe every sensation that arise thereof on account of sensual desires with absolute equanimity to destroy the fire of desire that seek sensual pleasure here and there.

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This is real RENOUNCEMEMNT of sensual pleasure, although one can meditate on impurities of 32 body parts to see them as gross, unattractive, foul and meditating thus one develops disgust towards all sensual desire and is thus released from seeing any one as attractive, but this type of renouncement may be superficial and at surface level.

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In example of sensual desires:

The question is therefore, whether to let go of form that is opposite sex or let go of volitional act i.e., indulging in sensual desire (with no reaction=equanimity) or observe sensation of sensual desire being an objective observer?

The answer would be to ignore the form (any contact with eye of opposite sex) if possible, avoid indulging in sensual act by NOT REACTING in response to desire, and if everything else fails then OBSERVE SENSATIONS at subtle level in case of SENSUAL DESIRE being an objective observer.

.

The real renouncement comes from getting one self-released from SENSATIONS of those very sensual desire at each of body parts. But when you observe sensations then you are showing equanimity at subtle level and at the root thus destroying the seeds of sankhara from root

.

SENSATION's and MENTAL hindrances (DHAMMA SENSATIONS), that arise on account of any misery are UNIQUE for every situation or phenomenon and it's easy to deal with them rather than dealing with unending flow of worldly objects or people that cause us misery. So, if there is a SENSUAL DESIRE for TOMMY Or Lizzy or Sarah, SENSATION of SENSUAL DESIRE is similar or COMMON to all of these people, and hence instead of dealing with so many people, one finds it easy to instead observe sensations of SENSUAL DESIRE, with equanimity, as soon they arise on bod and the objective observation of sensation of sensual desire thus, releases or WEAKENS the sensations. Without SENSATION of sensual desire, one cannot react with volitional act of indulging in sensual act, and thus is able to eradicate the desire from the root. Gross sensation may require penetrative observation at CONTACT surface of skin which is explained mane places in this blog post.

++++**If, after every phenomenon or interactions**,

if one has not created any craving or aversion from his side as well as NOT CAUSED creation of craving or aversion on other side by choosing right action and right words that do not cause aversion to others, then one has used wisdom of equanimity and sampajana quite well.

But if I was not alert enough to '**not create'** feeling of aversion, then one shall switch to observing sensation and mental hindrances as soon as aversion arises on body; and thus, objective observation of sensation that arises due to aversion will weaken the sensation and subsequent aversion. An objective observer does not analyse, does not create opinions, he simply observes, when meditating on breathe or contemplating on any phenomenon or thoughts.

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++ 12 links and "meaning of IGNORANCE"
Without Ignorance, there are no Volitional Activities (Sankhara / KAMMA)

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Here IGNORANCE means, when one WAS NOT OBJECTIVE OBSERVER and WHEN ONE DID NOT SHOW EQUANIMITY and REACTED out of craving or aversion or expectations, which caused fabrication or formations and subsequent 11 links of dependent originations.

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*** Who is an ARAHAT and what is NIBBANA? ***

One who has **"rooted out craving and ignorance"** from the mind has become an **ARAHAT**, and his or her actions do not bear any fruit. As a consequence, one does not create any bhava (future life) for oneself. So, there will be no new birth, no old age, no death, no sorrow and lamentation, and no disease. All are transcended. This is the state of **NIBBANA.**

This is a person who does not create SELF or CONSCIOUSNESS that is aggregate of feeling and perception marked as craving or AVERSION and volitional act or fabrications, that is devoid of expectations of any kind. He simply performs KARMA that is assigned to him, maintains absolute equanimity while doing so, does not create craving, aversion or expectations when performing actions.

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**** FREEDOM FROM GRASPING by contemplating rise and fall of aggregates ****

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1)

In 12 dependent links of origination, SENSATION is replaced with aggregate of self,

Thus, rise and fall of origination and fading away of sensation is SAME AS rise and falls of aggregate (sankhara), and is observed by contemplating them as impermanence and un-satisfactoriness.

2)

Thus, instead of seeing mosquito bite as SENSATION, you contemplate it as aggregate of self-i.e. (form=mosquito bite, feeling=itching,

perception=aversion (don't like itching), formation=scratching, this formation or volitional act of scratching the surface of skin or SANKHARA is now cognized into consciousness)

3)

Thus, in 4 noble truth, misery= sensation of itching, abandon= arising of aversion towards sensation of itching, cessation= realized by fading away of itching and Path = observe with equanimity sensation of itching or gently wipe out surface of affected skin with compassion.

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Is now replaced with,

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misery= SANKHARA or aggregate of ITCHING, abandon= arising of aversion to sankhara or aggregate of self, cessation= realized by fading away of aggregate of sankhara of ITCHING and Path = observe SANKHARA of ITCHING with equanimity, or gently wipe out surface of affected skin with compassion.

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++ To show EQUANIMITY AT SURFACE LEVEL or SUBTLE LEVEL?

1)

The question is therefore, whether to let go of form that is mosquito or let go of volitional act that is scratching (no reaction=equanimity) or observe sensation of itching with being an objective observer?

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The answer would be to AVOID the form (any contact with MOSQUITO) if possible, avoid indulging in ACT OF SCRATCHING the skin surface by NOT REACTING in response to MOSQUITO BITE or gently wipe out surface of affected skin with compassion., and if everything else fails then OBSERVE SENSATIONS at subtle level in case of MOSQUITO BITE being an objective observer.

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2)

The question is therefore, whether to let go of form that is opposite sex or let go of volitional act i.e., indulging in sensual desire (with no reaction=equanimity) or observe sensation of sensual desire being an objective observer?

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The answer would be to ignore the form (any contact with eye of opposite sex) if possible, avoid indulging in sensual act by NOT REACTING in response to desire, and if everything else fails then OBSERVE SENSATIONS at subtle level in case of SENSUAL DESIRE being an objective observer.

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The real renouncement comes from getting one self-released from SENSATIONS of those very sensual desire at each of body parts. But when you observe sensations then you are showing equanimity at subtle level and at the root thus destroying the seeds of sankhara from root.

+++ BODY SCAN as taught in vipassana course

First a SADHAK shall perform BODY SCAN as taught in VIPASSNA COURSE, i.e., scan each organ with mind's eye, Top of head, forehead, face, neck, chest, stomach, abdomen, legs and feet and then back side legs, back torso, back neck and back of head, top of head, scanning each organ for sensation for 2-3 seconds, and observe it with equanimity. Sadhak must not spend lots of time at one organ, they must scan one second here and one second there on same organ, observing every location with equanimity.

.

After organ by organ scan as above or as taught in vipassana course, SADHAK can now do several 'VERY QUICK' body sweeps / body scan that takes just few seconds (around 5 seconds for one body sweep, top to bottom or bottom to top, front and back side together or apart) for entire body sweep, sweeping front side and back side (180 degree or 180°) at the same time or apart, through entire body, staring at back of head, top of head, top to bottom up to feet's and bottom feet up to top head, sweeping and scanning from front and back side at the same time, several times for at least 5 minutes.

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WHEN doing observation that requires long time, one shall keep the experience of scanning or sweeping through body AFRESH, by moving piece by piece, one second here next second there, at the area of organ being scanned or observed. One can SWITCH between holistic scan {body sweep) and piece by piece scan to keep the experience AFRESH when doing body scan.

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WHEN, one starts to get vibrations all over body (this usually happens in sleep at night, you may wake up with vibrations all over body), its job of SADHAK to maintain ABSOLUTE EQUANIMITY and they shall IGNORE these vibrations,

++++ **QUESTION**: " Perception of impermanence should be cultivated for the purpose of eliminating the conceit, ‘I am’"" (Still don’t really understand this?)

ANSWER:

What is IMPERMANENCE?

SENSATIONS AKA SANKHARA aka all AGGREGATE OF SELF or MENTAL DEFILEMENTS are impermanent, they arise and they fall, they are phenomenon in a state of flux.

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WHAT IS A conceit, ‘I am’"? The perception of AGGREGATE OF SELF as “I” or “ME” is the illusion that was created due to clinging to aggregate of SELF. Thus, is there is a NAME-FORM who has following aggregates (**FORM=** mind and body, **FEELING** and **PERCEPTION** evaluated as “**I**”, **FORMATION=** ‘NAME’, **CONCIOUSNESS** which is cognized as, this **FORMATION**(‘NAME’) is “**I**” or ‘**ME**”)

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Or ((**FORM=**” MIND and BODY”, **FEELING** and **PERCEPTION** evaluated as “**I**”, **FORMATION=** ‘**SARAH’**, **CONCIOUSNESS** which is cognized as this FORMATION(‘**SARAH’**) is “**I**” or ‘**ME**”)

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Now, consider this another example:

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If there is sensation of itching on account of mosquito bite and there exists a REACTION or VOLITIONAL ACT or **FORMATION** in the form of **SCRATCHING** the surface of skin affected by **sensation of ITCHING**, **then it is safe to conclude that THERE EXISTS AGGREGATE OF SELF or a SANKHARA for with formation='SCRATCHING'.**

Now, therefore can you say that this SANKHARA with formation= '**SCRATCHING**", is "**I**" or "**ME**"**?**

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A sankahra of FORMATION '**SCRATCHING**" was created on account of FEELING AND PERCEPTION that was ITCHING.

Similarly, SANKHARA of FORMATION '**SARAH**" was created on account of FEELING AND PERCEPTION of "**I"** or **'ME"**

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SINCE ALL SANKHARA's are impermanent and can be released by principal of equanimity and let go of any CLINGING to them, the CONCEIT 'I' or 'ME' is an ILLUSION. This CONCEIT 'I' or 'ME' is nothing but CLINGING TO AGGREGATE of SELF or SANKHARA, and ANY CLINGING TO this SANKHARA is the illusion that creates CONCEIT 'I' or 'ME', thus, a SADHAK concludes the Perception of impermanence aka aggregate of self and **ILLUSION of "I" or "ME" in reference to SANKHARA.**

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Just like perception of NAME- 'SARAH' was created which is aggregate of self-i.e., a sankhara, can you say NAME- 'SARAH' is me when you are aware that ' SARAH' is only a sankhara? And all sankhara are impermeant. Thus, this perception of **I**" am or **me"** is understood as null and void.

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If BUDDHIST NAME "salina" and NAME-"SARAH" both are perception of self or sankhara, Then can you say "SARAH" is **'I am'** or salina is 'I am' when you are clearly aware that both names, 'SARAH' and ' salina' are aggregates of self and a sankhara ?

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Thus, at highest level of pure consciousness there are ‘no sankhara’ thus ‘no-self’ and thus **conceit 'I am' is null and void**

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**** WHO IS CHALLENGED? * Detailed v/s SUMMARISED ****

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There is NAME-FORM-CONSCIOUSNESS,

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And there is, SENSE- IMPRESSION- CONSCIOUSNES,

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+ (SENSE IMPRESSION CONSCIOUSNESS)

Thus, there is MIND CONSCIOUSNESS, BODY CONSCIOUSNESS, EYE CONSCIOUSNESS, EAR CONSCIOUSNESS, TONGUE CONSCIOUSNESS, NOSE CONSCIOUSNESS

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ALL SANKHARA or Aggregate of SELF are **SENSE- IMPRESSION- CONSCIOUSNES**

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If there is NAME-FORM-CONSCIOUSNESS, that is Mind and Body,

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then, there is aggregate of self 'SALINA' with perception of SELF as 'I', 'ME'

.

There is another NAME-FORM-CONSCIOUSNESS with Aggregate of self ‘SARAH’ with another mind-body and consciousness

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Now,

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if there is a SANKHARA with perception of self as **'AVERSION'** With respect to form=’SARAH’

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IF there exists a ‘**CLINGING**’ With respect to that SANKHARA of AVERSION With respect to form=’SARAH’,

.

Thus, there exist a perception of self **'BURDEN'**, or a SANKHARA ‘**BURDEN’**, with Form= SARAH, feeling=BURDEN, perception=AVERSION,

.

Then, who is the carrier of this SANKHARA **'BURDEN’**?

+ Now, as per BUDDHA’s teachings, CLINGING TO Aggregate of self is a BURDEN,

And who is the carrier of BURDEN? NAME-FORM with CONSCIOUSNESS and MIND-BODY is the carrier of burden.

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If, name-form **'SALINA**" is carrier of this BURDEN?

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Now, as buddha says, one has to let go of CLINGING to form, CLINGING to feeling, CLINGING to perceptions.....

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Thus, when one says 'SALINA", your ignorance is the cause of 'BURDEN', then

WHO IS CHALLENGED here?

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is perception of self that is 'SALINA' is challenged?

or perception of self that is 'CLINGING TO BURDEN' that is challenged?

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In both above cases, aggregate of self or a SANKHARA is challenged that is associated with NAME-FORM-CONSCIOUSNESS

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AND, How to get rid of this SANKAHRA 'BURDEN'?

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By letting go of CLINGING to SANKHARA 'BURDEN" by letting go of CLINGING to thought that is SARAH, letting go of CLINGING to form that is ‘SARAH’, letting go of CLINGING to feeling that is “SARAH, letting go of CLINGING to perception that is ‘SARAH, letting go of CLINGING TO VOLITIONAL ACT THAT IS ‘SARAH’.....

.

Or, by observing AWARENESS of mental hindrance 'ill will' or 'aversion' and sensations, with equanimity as soon they arise, when interacting with form =’SARAH’

.

NOW, if we can summarise this for “EVERY SUCH BURDEN”,

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If there is a CONSCIOUSNESS =’BURDEN’, associated with MANY (form, feeling, perception, formations), i.e., HEAP of aggregates of several self, as follows:

.

Form= ‘SARAH’, FEELING and PERCEPTION=’Ill will or AVERSION’.

Form= ‘TOMMY’, FEELING AND PERCEPTION= ‘SENSUAL DESIRE’

Form= ‘Lizzy’, FEELING AND PERCEPTION= ‘AGITATION’

Form= ‘’SANDRA’, FEELING and PERCEPTION= ‘FEAR, ANXIETY’

…

….

… and so on,

.

Thus, CLINGING to FORM that is BURDEN, CLINGING to FEELING and PERCEPTION that is BURDEN, is reason for CONSCIOUSNESS that is ‘BURDEN’.

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Thus, IF NAME-FORM ‘SALINA’ is informed that its IGNORANCE that was cause of CONSCIOUSNESS that is ‘BURDEN’, then who was challenged?

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WAS name-form challenged or CONCIOUSNESS that is ‘BURDEN’ was challenged?

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In all above cases, CONSCIOUSNESS with ‘aggregate of self’, affected by clinging, that has CREATED SO MANY ‘BURDENS’ was challenged.

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If NAME-FORM ‘SALINA” is a “” carrier of so many”” ‘BURDENS’ With respect to CONSCIOUSNESS (with many ‘FORMS’, so many FEELING AND PERCEPTIONS)

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Then LETTING go of CONSCIOUSNESS that is ‘BURDEN’ is what shall be practiced for the sake of abandoning any misery related to form, feeling, perceptions …..

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Similarly, one shall OBSERVE CONSCIOUSNESS ‘BURDEN’ with EQUANIMITY and as an OBJECTIVE OBSERVER as soon as they arise in form of SENSATIONS or MENTAL HINDRANCES or any phenomenon.

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DHAMA SENSATION’s and MENTAL hindrances that arise on account of any misery are UNIQUE for every situation or phenomenon and it’s easy to deal with them rather than dealing with unending flow of worldly objects, phenomenon or people that cause us misery.

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So, whether TOMMY makes you angry or SARAH makes you angry or LISA makes you angry, SENSATION of ANGER is similar or COMMON to all of these people, and hence instead of dealing with so many people, one finds it easy to instead observe sensations of ANGER, as soon they arise on body, and the objective observation of sensation thus, releases the sensations in no time.

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Without SENSATION of ANGER, one cannot react with ANGER, and thus is able to eradicate the misery from the root.

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+++ Getting rid of defilement of feeling trapped or phobia of any kind

Let’s now consider an example where a person who “” feels trapped”” when confined to a small space. For example, some people have a “” phobia of lift”” and they feel anxious when ever they have to take a lift to go to a certain floor of building.

.

Now, there are two ways to handle this, either one wait for situation that causes anxiety and then being alert enough, one starts to objectively observe those sensations to rid one of mental defilement **OR** in other case a PERSON can take up following “SIMULATION” of a situation that cause anxiety or panic or phobia.

.

Since SENSATION is a link between mind and body and objective observing of sensations rid us from mental defilements, we need to make these sensations alive by undergoing exact situation that cause these sensations to come up on surface of body when faced with situation of anxiety or phobia of any kind and those sensations specific to mental defilement (phobia of lift or anxiety when confined to

a small space feeling trapped). DHAMMA sensations like anxiety, fear, anger, panic etc. are observed as a whole on affected body parts, when they start to engulf body as soon as they arise by being alert enough to catch them at their arising,

And how do we observe sensation? Body part affected by sensation is scanned with mind's eye or inner vision, moving from one location to another (within body part area affected), piece by piece, one second here one second there, thus cover entire body part area affected by sensation, observing it with absolute equanimity. But here we use sensation as a path to penetrate and reach the body part at their exact location on skin that is emitting these sensations and observe that body part area at 'exact arising' of sensation through continuous, objective, and equanimous observation of the body part active with sensations.

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Since the issue here is of feeling trapped when confined to a small space like inside lift, one can simulate similar conditions in a safe way and do following to get rid of them from the root.

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For this example, let's take a small space like bathroom [imagine this to be a lift]

1)

One enters the bathroom; closes the door. May not latch the door in case one is fearful of being trapped.

2)

Now, once inside bathroom, door closed, imagine that you are inside lift and trapped and lift has stopped.

3)

Now, you see that mental defilement of being inside lift and feeling trapped starts to create flow of sensation on body. As soon as sensations arise on body, one shall immediately turn their attention to body part being affected by sensation of anxiety or fear.

.

Now SIMPLY OBSERVE all sensations that arise with absolute equanimity. Just observe, do not form an opinion, do not analyse them, do not create craving(desire) or aversion (hatred) of any kind, simply observe the sensations and their effect on body part being affected at that time. If there are multiple body part affected at the same time, start observation with sensation that is MOST INTENSE. Observe for few

seconds to a minute, move to another body part affected by sensation again observe for few seconds to a minute and thus scan all body parts that were affected by sensation when undergoing such trauma or simulation of that situation that causes anxiety or phobia.

How to observe Body sensations? A Sadhak MUST train them to use path of sensation to find "exact contact location" of body part where sensations are alive, and INSTEAD OBSERVE "arising of sensation exactly at CONTACT where sensation touches body part affected by sensation.

And how do we observe sensation? Body part affected by sensation is scanned with mind's eye or inner vision, moving from one location to another (within body part area affected), piece by piece, one second here one second there, thus cover entire body part area affected by sensation, observing it with absolute equanimity. But here we use sensation as a path to penetrate and reach the body part at their exact location on skin that is emitting these sensations and observe that body part area at 'exact arising' of sensation through continuous, objective, and equanimous observation of the body part active with sensations.

4)

Simply observe maintaining ABSOLUTE EQUANNIMITY, whatever sensation arise anywhere on body

5)

After one observed sensations of being trapped in toilet with equanimity one is released of sankhara or defilement of of being trapped, one is totally released.

6)

One now knows, that all he has to do is to observe sensations in case phobia returns;

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Similarly, one who is ALWAYS AWARE of arising of SENSATION on body 24/7, and one learns to observe them with equanimity, one is able to get rid of defilement of any kind on daily basis and thus, in just few days or weeks one is free from most mental defilements as one has learned to simply observe them as soon as they arise, which makes such defilements weak and they simply go away for ever.

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How the PERCEPTION OF SELF (SANKHARA) WAS FORMED? (Teachings of DHAMMA, VIPASSANA)

How to eradicate perception of self

---------- MY NOTE: _----------

If there is a SADHAK, ‘RAHULA’, who went to a monastery and he was given a new monastery name ‘ANANDA’, and now whenever ‘RAHULA’ is called by name ‘ANANDA’ he immediately responds, thus a ‘**NEW PERCEPTION OF SELF**’ (ANANDA) is formed. The interaction of RAHULA with MONASTRY HEAD can be contemplated as a **PHENOMENON** that occurred that day.

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In monastery on that day, he was given new name (aggregate, SANKHARA in vipassana) and following aggregate (‘**ANANDA’**) was formed as part of our **CONSCIOUSNESS**:

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What are the five aggregates of the self?
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The five aggregates or heaps are:
form (or material image, impression) (rupa)
sensations (or feelings, received from form) (vedana)
perceptions (samjna)
mental activity or formations (sankhara) or fabrications
consciousness (vijnana).
.

Form (he, RAHULA, heard voice with his new name)

Feeling and **perception** (of new self)

Formation (‘**ANANDA’**)

Consciousness (become aware of new self ANANDA, OR COGNIZED)

.

Now, Let’s consider following:

5 KHANDA's: He regards whatever phenomena there that are connected with 5 khanda’s aggregates, form, feeling, perceptions, fabrications (formation), & consciousness are void with no-self, contemplating the void and unsubstantial nature of the aggregates in this manner.

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Thus, each element of 5 KHANDA's, **TOGETHER** as '**ONE aggregate'** of 5 element of KHANDA ('ANANDA'), it forms a '**perception of self or a sankhara**'.

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Thus, a PERCEPTION OF SELF ('ANANDA') was formed.

How do we get rid of this perception of this new SELF or aggregate ('ANANDA')?

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Now, what is '**contemplating'**? to contemplate all phenomenon [all interactions with outside world] as impermanent and unsatisfactory, in addition to being contemplated as empty or VOID or NO SELF. Mental contents and phenomenon [all interaction with outside world] are contemplated for impermanence, un-satisfactoriness and no-self resulting in abandoning of feeling and perception and clinging to them at all stages of dhamma.

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which is '**comprehension'**? Any ending of passion [craving or attachment or expectations], ending of aversion, ending of delusion (aka indulging in imaginary and unwholesome thoughts). This is called comprehension."

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And then the MASTER says, • "Even so, monks, whatever isn't yours: Let go of it. Your letting go of it will be for your long-term welfare & happiness. And what isn't yours? Form isn't yours… Feeling isn't yours… Perception… Fabrications (formations)… Consciousness isn't yours: Let go of it. Your letting go of it will be for your long-term welfare & happiness."

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12 links
DEPENDENT ORIGINATION
(PATICCA SAMUPPADA)
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6. Reverse Order of Dependent Origination to explain the
Cessation of Suffering
i) Without Ignorance, there are no Volitional Activities (formations).
ii) Without Volitional Activities (formations), there is no Consciousness.
iii) Without Consciousness, there are no Mentality and Matter.
iv) Without Mentality and Matter, there are no Six Sense Bases.
v) Without the Six Sense Bases, there is no Contact.
vi) Without Contact, there is no Feeling.
vii) Without Feeling, there is no Craving. (THIS IS the link between mind and body)
viii) Without Craving, there is no Clinging.

ix) Without Clinging, there is no Becoming.
x) Without Becoming, there is no Birth.
xi) Without Birth, there is no Decay, Death and Suffering.
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What is the conditioned arising method?

Ans: Conditioned by ignorance are the formations; conditioned by the formations, consciousness; conditioned by consciousness, name-form; conditioned by name-form, the six-sphered-sense; conditioned by the six-sphered-sense, contact; conditioned by contact, feeling; conditioned by feeling, craving; conditioned by craving, clinging; conditioned by clinging, becoming, conditioned by becoming, rebirth; conditioned by rebirth, decay, death, sorrow, lamentation, pain, grief and despair spring up. Such is the origin of this entire mass of ill

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Thus in above case;

Conditioned by IGNORANCE, a FORMATION in form of 'ANANDA' aggregate or sankhara or perception of new self was formed.

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Conditioned by the formations 'ANANDA', consciousness was cognized to be aware of NEW SELF

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and then when one **CLINGS** to **FEELING** OF this NEW **FORMATION**, one has caused '**BECOMING'** i.e., "**arising of PERCEPTION OF NEW SELF**" in this case,

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This BECOMING is cause of **BIRTH** or **RE-BIRTH**, which must now go through entire cycle of birth and death.

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What is **RE-Birth** here?

That, RAHULA has now to live another life of ANANDA also, as that will have a new cycle of birth, re-birth and death.

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As per **12 dependent links**, **SENSATION** (**FEELING**) is the common link that connects mind and matter (body) and thus the cause of new perception of self (ANANDA), and once this link is broken one is free from perception of self {ANADA in this case]. Thus, as soon as one let go of feeling of new self ('ANANDA') as 'MINE',

one has broken the perception of new self and thus is free from sankhara of this new self.

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Thus, a SADHAK, CONTEMPLATES that a sankhara or AGREEGATE (5 khanda) in form of “ANANDA’ is not **MINE**, is ‘**not ME**’ or **I**, in doing so he COMPREHENDS aggregate with new self ‘ANANDA’; and ends any passion or delusion towards this new SELF (ANANDA’) and is free from new perception of self of being known as ‘ANANDA’

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how to handle THOUGHTS in VIPASSANA:

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The thoughts that only you see through mind and no one else can see them, how can they be true, thus they are just an illusion created by mind that is not in control. But the effect of thought on mind-body are real and hence one shall dwell in such a way when it comes to thoughts:-

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That,

• The thoughts must be abandoned with following wisdom, that they are illusion, devoid of self, dreamlike and are empty in essence, are impermanent and UNSATISFACTORY so why waste time on something that is just a delusion?

Here WISDOM must be used to indulge in wholesome thoughts while avoiding thoughts that are unwholesome or futile.

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That,

All unwholesome thoughts are CONDITIONED by Craving, aversion or DELUSION and as soon as the craving and delusion behind the thought is understood, they remain their naked without any essence and are diminished due to awareness of foolishness of indulging in them.

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**** BUT if one is NOT ABLE to stop train of thoughts, ONE SHALL KEEP EQUANIMOUS MIND so that effect of THOUGHTS DOES NOT create more sankhara on your body.**

As thoughts continue to arise, one must continue to remain equanimous and objectively observe any arising of sensation on body due to thoughts, and catch them at their exact arising on body parts so that sensations that arise on accounts of thoughts become weak and do not create either craving or aversion effects on body.

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That,

One shall strive to remain in PRESENT MOMENT (through ANAPANA breathe observation meditation) by observing breathe WITHIN NOSE, and such mindfulness will eventually sharpen the mind and will train the mind to remain in PRESENT MOMENT. During mindfulness practice (ANAPANA), one makes an effort to let go of (‘**form’** [lets go of all worldly interactions], ‘**feeling’** [lets go of sense media and thoughts], ‘**perceptions’** [lets go of MIND or analysis], ‘**fabrications’** [lets go of bodily REACTIONS])

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All ABOUT SENSATIONS, Middle Path, Delusion, INSIGHT MEDITATION and MARA

HOW TO ALLEVIATE OR REDUCE ANY TYPE OF SUFFERING (27-Nov-2020)

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There are dhamma sensations for everything that tell us that some things have been sensed by body. For example, touch of a cloth is a sensation which tell us that cloth has touched us. Similarly, there is a TOUCH OF AIR, Touch of Flame, Touch of sun light, touch of ICE etc.

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Then, there are gross SENSATIONS that arise out of body part, for example mosquito bite causes sensation of itching to arise, touch of flame give rise to sensation of burn, a cut by knife on body part release sensation of cut at that location of body part etc.

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Then, there are sensations that arise on account of medical issue or due to hurt to body. For example, person inflicted will High blood pressure issue had specific sensations that arise on body parts affected by HIGH BP, person who has hurt himself due to collision with outside object may be facing PAIN SENSATION’s that are ARISING out of affected body parts, person inflicted with fever has specific sensations that cover the body.

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Thus, SENSATION are either ARISING from affected body parts or being FELT due to TOUCH with outside objects or contact with nature or due to any complication of a body part outside or within.

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NOW, the misery is only 10% of real while 90% due to mental reaction to them. That means at any given time misery that is generated on account of reaction to SENSATION is just 10% real while 90% felt catapulted due to response towards them by individuals.

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While “MARA, the EVIL ONE” keeps us busy between reaction of either CRAVING OR AVERSION towards any phenomenon we interact, mind keep’s us busy in DELUSION in the form of ROLLING in UNWHOLESOME THOUGHTS, similarly SENSATIONS on body keep us busy and on their arising we start to WALLOW in them, suffer the FEELING caused by them, and thus multiply the MISERY due to wrong reaction towards them.

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While being in MIDDEL PATH of neither craving nor aversion towards any interaction with phenomenon, outside object or person ALLEVIATES or minimises the creation or birth of a misery to a greater extent, similarly DELUSION OF ROLLING IN THOUGHTS is avoided with help of WISDOM that all UNWHOLESOME thoughts are unsatisfactory, impermanent, are an illusion and dreamlike, have NO SELF, and thus why waste time in them? WISDOM is used here to ROLL ONLY IN WHOLESOME THOUGHTS which require planning of any sort.

My note: When walking or sitting, if one OBJECTIVELY observes HEAD LOCATION, one is able to stop flow of thoughts immediately.

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Finally, LAST BUT NOT THE LEAST, ANY ARISING or FEELING OF SENSATIONS are used as PATH to reach their EXACT ARISING on BODY part and exact LOCATION and the BODY PART THAT IS ACTIVE with SENSATION is OBSERVED OBJECIVELY and EQUANIMOUSLY. In this case we GET PAST SENSATION that are arising and reach the body part behind where these sensations are active and arising and are being felt. If YOU MAKE A MISTAKE OF GETTING INVOLVED WITH SENSATIONS that are active on affected body part, then YOU WILL START TO ROLL IN THEM, WALLOW IN THEM and THUS WILL BE RESPONSIBLE FOR MULTIPLYING THE MISERY OF BODY PART by MANY FOLDS.

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The subtle level is the exact surface area of a body part from where sensations are emitting or in other words ‘arising and passing away’ rapidly. We use arising of sensations as a path to reach the exact body part area or subtle level where they

are in continuous arising and passing away mode. **And how do we observe sensation?** Body part affected by sensation is scanned with mind's eye or inner vision, moving from one location to another (within body part area affected), piece by piece, one second here one second there, thus cover entire body part area affected by sensation, observing it with absolute equanimity. But here we use sensation as a path to penetrate and reach the body part at their exact location on skin that is emitting these sensations and observe that body part area at 'exact arising' of sensation through continuous, objective, and equanimous observation of the body part active with sensations.

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THE RIGHT WAY TO ALLEVIATE MISERY DUE TO ARISING OF SENSATION on BODY PART DUE TO ANY REASON is BY JUST ABANDONING OR IGNORING THE SENSATION, but also using the SENSATION as a PATH TO REACH THEIR EXACT ARISING On BODY part and "observe body part AREA that is active with sensation", observing OBJECTIVELY AND EQUANIMOUSLY. How to observe Body sensations? A Sadhak MUST train them to use path of sensation to find "exact contact location" of body part where sensations are alive, and INSTEAD OBSERVE "arising of sensation exactly at CONTACT where sensation touches body part affected by sensation.

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THUS, WE MAKE IT A HABBIT TO IGNORE SENSATIONS and instead 'OBJECTIVELY observe affected body part AFREA that is active with sensation'. The CONTINUOUS TRAINING OF OBSERVING AFFECTED BODY PART AREA DURING ARISING OF ANY SENSATION's will TRAIN OUR MIND TO IGNORE SENSATION and instead observe affected body part area and thus will help alleviate misery.

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AT THE ROOT of body part active with sensation, there exists nothing but vibrations, and hence behind every sensation that is arising or being felt, body part area is undergoing change in the form of vibrations and hence when we penetrate sensations and observe vibrations instead, we eradicate the misery from the root. Thus, instead of observing "the sensation of any type", we penetrate the sensation to go to the root and observe the exact arising at body part.

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TO illustrate it more, when you see several birds (sensations) parched on a tree (body), One shall observe not the birds, but observe at the exact location where birds feet are making contact with Tree, and observe that contact point with absolute equanimity. Similarly to illustrate it with another example, when an INSECT in parched on your hand, you must ignore the insect and start to observe the contact of insect (Touch of insect) to your skin and show absolute equanimity to the 'feeling of TOUCH' of insect to your skin by not creating either craving or aversion towards it.

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The affected body part area with active sensations is observed equanimously and objectively for ENTIRE DURATION for which sensations are either arising or being felt due to touch.

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AND HOW DO WE ALLEVIATE SENSATION that are result of PAST actions? In this case one shall bring the affected part to same incident that caused arsing of that particular sensation so that this time when the similar incident causes the SENSATIONS TO ARISE, we are now prepared to ignore them and instead observe them at their exact arising, at the root where sensations make contact with body part, and observing thus will eliminate them from root.

Previously, due to wrong reaction to them we either created craving or aversion towards their arising and thus SENSATIONS WERE COGINSED AS MISERTY and became part of our mind-matter (body), but since now with their new arising we are using wisdom here to observe them objectively at the root, this time they are cognised by mind-body as NEUTRAL SENSATIONs and thus this type of sensations do not cause us misery.

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THE THUMB RULE here is NOT TO WALLOW IN SENSATIONS but OBJECTIVELY OBSERVE AFFECTED BODY PART AREA that is alive with sensations, AS SOON AS THEY ARISE. ((HINDI-SENSATION KO BHOGNA NAHIN HAI, SIRF SENSATION SE AFFECTED BODY PART AREA KO SIMPLY OBSERVE KARNA HAI)). We are not supposed to WALLOW IN SENSATION BUT SIMPLY OBJECIVELY OBSERVE THEM at the root where sensations make contact with body part.

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WHILE ANAPNA MEDITATION of breathe watching WITHIN nose or at NOSE DOOR is done STRCITLY in SITTING OR STILL POSITION’s ONLY, MENTAL HINDRANCES and SENSATIONS OBSERVATION must be PERFORMED 24/7, when walking, sitting, sleeping or during any awakened stage.

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INSIGHT MEDITATION OR OBJECTIVE AND EQUANIMOUS SENSATION OBSRVATION is done as follows: ->>

(WE WILL IGNORE THE SENSATION that has just arisen, but use SENSATION AS A PATH TO REACH AFFECTED BODY PART AND OBSERVE THAT LOCATION for few seconds to a MINUTE depending on case by case)

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WE USE INNER VISION to do objective observation of sensations affected body part. REMEMBER This, that, if you make a mistake of NOT ABANDONING OR IGNORING the SENSATIONS and start to give attention to sensation that arise on body due to any reason, then you will start to suffer or WALLOW in them and will increase your misery. YOU MUST DO ENTIRE BODY SCAN AFFECTED OR ALIVE WITH SENSATION. SENSATION USUALLY affect a portion of body part and in some case various portion across body part and all those affected body parts must be observed whenever body part if affected by any sensations. USUALLY just few seconds to a minute or two observation of affected body part is required if one catches the arising of sensation on their exact arising.

And how do we observe sensation? Body part affected by sensation is scanned with mind's eye or inner vision, moving from one location to another (within body part area affected), piece by piece, one second here one second there, thus cover entire body part area affected by sensation, observing it with absolute equanimity.

. ** WE USE MIND's EYE or INNER VISION to do objective observation of sensations affected body part **

Thus when inflicted with sensation of PAIN, we are not observing PAIN, but instead OBJECTIVELY observing affected body part area active with sensation of pain

Thus when inflicted with sensation of ITCH, we are not observing ITCH, but instead observing affected body part area active with sensation of itch

Thus when inflicted with sensation of FEAR, we are not observing FEAR but instead observing affected body area's/part that is ENGULFED WITH FEAR

Thus when inflicted with sensation of ANXIETY, we are not observing ANXIETY but instead observing affected body part that is ENGULFED WITH ANXIETY

All mental sensations (DHAMMA sensations) like fear or anxiety or anger shall be objectively observed as soon as they arise and are being felt on body, to eradicate them instantly, while GROSS sensations like cut, itch, pain require PROLONGED penetrative observation at the root where gross sensations are making contact with body part area.

And so on……

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THUS, When walking/sleeping or sitting positions 24/7:

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START WITH OBSERVING HEAD LOCATION for few minutes to stop flow of thoughts. Observe sensations from few seconds to a minute, being felt or are arising, on body part from Head to Toe and up to soles of feet,

DURING OBSERVATION of SENSATIONS at the root, the “THUMB RULE is to OBSERVE THEM AND NOT SUFFER THEM”

IF YOU FEEL TOUH OF CLOTH, start observing body part that was touched by CLOTH

IF YOU FEEL TOUCH OF ATMOSPHERIC AIR, start observing every body part that was touched by AIR

IF YOU FEEL MOSQUITOE BITE, start observing body part that is ALIVE WITH SENSATION OF ITCH due to MOSQUITOE BITE

If you feel PAIN OF ANY SORT, start observing body part that is ALIVE WITH SENSATION OF PAIN due to ANY REASON whatsoever.

If you feel the SWEAT, ignore the sensation of sweat but start observing the body part that is affected by sweat.

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If your TOE was hurt due to RAPID CONTACT with earth or any object, Ignore the sensation of pain or numbness or any active sensation on toe, but instead start observing the toe location alive with sensations till the time sensation of pain etc are gone or mellowed down. This may required few minutes of OBJECTIVE observation. And how do we observe sensation of PAIN in case of hurt? Body part affected by sensation is scanned with mind’s eye or inner vision, moving from one location to another (within body part area affected), piece by piece, one second here one second there, thus cover entire body part area affected by sensation, observing it with absolute equanimity.

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And what is subtle or penetrative observation of sensation exactly at their arising or CONTACT ? Conditioned by CONTACT arises SENSATION, and what is conditional arising? Arising caused by craving or aversion, thus this CONTACT is conditioned. Thus, if we use sensation as a path and objectively observe affected area of body part where sensation exactly tries to make CONTACT, this objective and equanimous observation of CONTACT, REVERSES the sensation and you notice sensation fades away. This is known as subtle or penetrative observation of sensation exactly at their arising or CONTACT.

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If you feel SENSATION OF FEVER, ignore the sensation of FEVER but start observing the body part that is affected by FEVER.

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If you feel SENSATION OF HIGH BLOOD PRESSURE, ignore the SENSATION OF HIGH BLOOD PRESSURE but start observing the body part that is affected by SENSATION OF HIGH BLOOD PRESSURE.

And so on…….

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THE TRAINING TO OBSERVE AGFFECTED BODY PART instead of WALLOVING OR SUFERING IN SENSATION WILL RID US OF MISERY OF ANY KIND since the MIND now is TRAINED TO OBJECTIVELY OBSERVE THE AFFECTED BODY PART instead of attending to SENSATION THAT HAS ARISEN.

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An “” objective observer”” simply observes DETACHED, all things as they are, without giving any opinion, or giving any emotional reactions. He sees all SENSATIONS AS SENSATIONS, without identifying them as GOOD or BAD, without differentiating between two sensations. ** WE USE INNER VISION or mind’s eye to do objective observation of sensations affected body part **

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“EQUANIMOUS or Equanimity” = No-Reaction — this is probably the most important word/teaching of the entire course of vipassana. Remaining “EQUANIMOUS” means to be able to observe both pleasant and unpleasant sensations and not react with craving or aversion.

The ability to simply observe, and not react. Learning how to simply observe and not react is the learning how to remain EQUANIMOUS. This also becomes way of life, as the key to living a happy life is remaining equanimous and not reacting, that we experience in our day to day lives

. ** All meditations are performed with EYE's CLOSED and in STILL (not in motion) positions only **

** WE USE INNER VISION to do objective observation of sensations affected body part **

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HOW TO RESPOND TO A MISERY that is created on body (Gross Sensations) ?

A misery in the form of a gross sensation on body part is cognized into mind-body in the following form split into AGGREGATE known as 5 SKANDHA’s (FORM, FEELING OR SENSATION, PERCEPTION, REACTION, consciousness) and who is the carrier of burden or misery? It is NAME_FORM (PERSON) who is carrier of misery aggregated in to 5 SKANDHA’s.

That means all our burdens or miseries are stored in subconscious in the form of aggregate that has 5 khanda's in the form of (FORM, FEELING OR SENSATION, PERCEPTION, REACTION (formations), consciousness). Thus, we are nothing but name-form (person) with a mind-body and aggregates (all stored sense impression or reactions or miseries) and CONSCIOUSNESS is the one that drives us for the duration of our lives.

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Thus, if there is PERSON ('NAME-FORM') with a MISERY that is in 'FORM' of WOUND and is active with 'SENSATION' of PAIN due to any reason, depending on how NAME-FORM (PERSON) forms 'PERCEPTION' of PAIN (Craving [good], aversion [bad] or NEUTRAL) and GIVES 'REACTION' based on perception, then that REACTION gets CONGNISED into 'CONSIOUSNESS'(sub) accordingly.

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Thus, if a PERSON is able to maintain stress due to any misery at lowest level by responding with absolute equanimity by not creating any craving or aversion towards misery, and learns to become an observer instead of sufferer, is able to alleviate misery to great extent.

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Thus, in general when a name-form (person) is inflicted with misery in the form of gross sensation on any part of body outside or within, the name-form (person) undertakes OBJECTIVE INSIGHT MEDITATION in the form of BODY PART SCAN by objectively observing the MISERY with ABSOLUTE EQUANIMITY making sure NOT to create either craving or aversion towards body part that is active with sensation of misery is able to alleviate misery to a greater extent.

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For this name-form (person) either sits in secluded place or takes a walk in a secluded place. He then Stops all unwholesome thoughts by objectively observing head location for a while and then starts and maintains ABSOLUTE observation of body part active with sensation and continues to observe it with absolute equanimity and makes sure that the observation is NEUTRAL and does not create craving or aversion towards the sensations of misery that are arising on an inflicted body part. Such an observation may be done for hours or days depending on the case,

The subtle level is the exact surface area of a body part from where sensations are emitting or in other words 'arising and passing away' rapidly. We use arising of sensations as a path to reach the exact body part area or subtle level where they are in continuous arising and passing away mode.

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And how do we observe sensation? Body part affected by sensation is scanned with mind's eye or inner vision, moving from one location to another (within body part

area affected), piece by piece, one second here one second there, thus cover entire body part area affected by sensation, observing it with absolute equanimity.

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But here we use sensation as a path to penetrate and reach the body part at their exact location on skin that is emitting these sensations and observe that body part area at ‘exact arising’ of sensation through continuous, objective, and equanimous observation of the body part active with sensations.

.

An “”objective observer” ”simply observes, all things as they are, without giving any opinion, or giving any emotional reactions. He sees all SENSATIONS AS SENSATIONS, without identifying them as GOOD or BAD, without differentiating between two sensations. ** WE USE INNER VISION to do objective observation of sensations affected body part **

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“EQUANIMOUS or Equanimity” = No-Reaction — this is probably the most important word/teaching of the entire course of vipassana. Remaining “EQUANIMOUS” means to be able to observe both pleasant and unpleasant sensations and not react with craving or aversion.

The ability to simply observe, and not react. Learning how to simply observe and not react is the learning how to remain EQUANIMOUS. This also becomes way of life, as the key to living a happy life is remaining equanimous and not reacting to the various up’s and down’s that we experience in our day to day lives

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. ** All meditations are performed with EYE's CLOSED and in STILL (not in motion) positions only **

** WE USE MIND’s EYE or INNER VISION to do objective observation of sensations affected

+++

++++ MY NOTE: NO-SELF and SELF (Ref: Volitional Formations / Sankhara (conditioned phenomena))

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The Five Aggregates: A Study Guide (accesstoinsight.org)

There are 6 sense media consciousness. All 6 sense media are no-self.

Awareness or consciousness itself has ""NO-SELF"" i.e., no aggregates but consciousness or awareness that is IMPURE has residence in form of "" SELF""-i.e., 5 aggregates of khanda.

1) Let's say you became AWARE or CONSCIOUS when you saw a PERSON.

2) But if you had impure feeling about that person then there exists a SANKHARA with feeling and perception of aversion for that person.

3) THUS, Consciousness itself is NO-SELF in pure form. BUT SAME CONSCIOUSNESS with conditional arising or SANKHARA has aggregates of self and this conditional arising can only be cleansed by observing sensation that arise on account of this sankhara, by observing them with equanimity.

4) Thus NO-SELF is a pure consciousness and SELF is nothing but 5 aggregates of a khanda or sankhara

5) And, all sankharas are impermanent and unsatisfactory, while all dhammas are not self. This is the way things are, the pattern inherent in them as listed in dhamma text.

++++++

AGGREGATES OF SELF (How MIND-BODY- CONSCIOUSNESS RECORDS our life)

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The term sankhara represents, what is seen, heard, sensed or cognised. The passive mode of the term sankharas in its general usage stands for all conditioned phenomena.

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THERE IS A BEING with CONSCIOUSNESS

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There exists a MIND-BODY and consciousness

.

If there is a MIND-BODY, then there are 6 sense media CONSCIOUSNESS (no-self):

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Thus, there is MIND CONSCIOUSNESS, BODY CONSCIOUSNESS, EYE CONSCIOUSNESS, EAR CONSCIOUSNESS, TONGUE CONSCIOUSNESS, NOSE CONSCIOUSNESS.

.

What is SELF?

CONSCIOUSNESS (aggregate of self for each of sense-impression-consciousness)

.

Now WHAT IS Aggregate of SELF?

5 KHANDA's (Form, '**Feeling**', Perception, [Volitional act or Formation or Fabrication], CONSCIOUSNESS) are the element of aggregate of SELF**.**

The Five Aggregates: A Study Guide (accesstoinsight.org)

ALL SANKHARA (good or bad or neutral) or 'Aggregate of SELF' are **SENSE-IMPRESSION- CONSCIOUSNES.**

.

Now, "**FEELING**", as an 'element of aggregate of SELF',

"Hears" in case of Ear, "Tastes" in case of Tongue, "SEES' in case of EYE, 'SMELLS' in case of NOSE, 'sense of TOUCH' in case of BODY, and 'UNDERSTANDS or COGNIZES or 'becomes aware' in case of MIND or CONSCIOUSNESS

.

AND '**PERCEPTION'** evaluates this FEELING as either Craving, Aversion or NEUTRAL [LABEL]

.

EXAMPLE -1) How the perception of SELF with NAME = 'SARAH' as 'I' or 'ME' was recorded or formed? [FORMATION of SELF as 'I' or 'ME']

.

Thus, if as a child you were repeatedly called by **NAME='SARAH'**, then, an aggregate of perception of SELF, **this is 'I'**, **This is 'ME'** was cognised into CONSCIOUSNESS.

This is how perception of 'I' or 'ME' was recorded as aggregate of SELF:

Now in this case ELEMENTS of SELF are as follows;

Form= 'EAR CONSCIOUNESS' becomes aware of the voice

Feeling= Hears 'SARAH'", **Perception** = 'SARAH' (not good, not bad so just a label 'SARAH')

Volitional act or **Formation**= understanding or awareness of ''THIS IS "I"; THIS IS "ME' was formed

CONSCIOUSNESS (Awareness of voice 'SARAH' is cognized as 'this is 'I'; this is 'ME')

.

Thus, EAR CONSCIOUSNESS is cognised with FEELING and PERCEPTION of 'SARAH' and VOLITIONAL act as 'this is ME'.

.

THE RECORD or FORMATION of perception OF 'I' is as follows:
(Form=EAR **CONSCIOUSNESS**, feeling='SARAH as voice', Perception='SARAH', Formation= 'this is ME', cognized into BEING CONSCIOUNESS)

.

Thus, now whenever you hear the voice that says "SARAH', the volitional act that is cognized into being consciousness becomes aware of 'I" or 'ME' and thus, this AWARENESS (ear consciousness) starts to attend to voice 'SARAH'. Other sense consciousness becomes alert along with ear consciousness.

.

This is FORMATION of SELF as 'I' or 'ME'

Similarly,

Aggregate of SELF with CONSCIOUSNESS ('MOTHER') was formed

.

THE RECORD or FORMATION of perception OF ‘MOTHER’ is as follows:
(Form=EYE **CONSCIOUSNESS**, Feeling=’FACE as eyes sees’, Perception=’directed by mind, evaluates FACE visuals’, Formation=‘this is MOTHER’, cognized into BEING CONSCIOUNESS)

.

Aggregate of SELF with CONSCIOUSNESS (‘FATHER) was formed

.

THE RECORD or FORMATION of perception OF ‘FATHER’ is as follows:
(Form=EYE **CONSCIOUSNESS**, Feeling=’FACE as eyes sees’, Perception=’ ’directed by mind, evaluates FACE visuals’, Formation=‘this is FATHER’, cognized into BEING CONSCIOUNESS)

.

And when CHILD went to SCHOOL and started to learn ENGLISH and MATHS,

.

Aggregate of SELF with CONSCIOUSNESS (‘ENGLISH BOOK’) was formed

.

THE RECORD or FORMATION of perception OF ‘ENGLISH BOOK’ **is as follows:**
(Form=EYE **CONSCIOUSNESS**, Feeling=’BOOK’ as eyes sees or reads’, Perception=’ ’directed by mind, evaluates BOOK readings’, Formation=‘learning of ENGLISH language’, cognized or recorded into BEING CONSCIOUNESS)

.

Aggregate of SELF with CONSCIOUSNESS (‘MATH Table of 2’) was formed

.

THE RECORD or FORMATION of perception OF ‘MATH Table of 2’’ **is as follows:**
(Form=EYE **CONSCIOUSNESS**, Feeling= ‘MATH Table of 2, as eyes sees or reads’, Perception= ‘’directed by mind, evaluates MATH Table of 2’, Formation=‘learning of table of 2’, cognized or recorded into BEING CONSCIOUNESS)

.

As we can see from examples above a BEING WITH CONSCIOUSNESS, is nothing but HEAP OF SANKHARA or AGGREGATES OF SELF of 5 khanda’s in the form of

SENSE-IMPRESSION or AWARENESS-CONSCIOUSNESS is recorded as one grows from birth to death.

.

THUS “SELF”, in short means COLLECTION OF 5 aggregates that form SELF for each of CONSCIOUSNESS that has been cognised or made aware of, in course of our life time with respect to PEOPLE we interact, EDUCATION we complete, WORK THAT WE do to earn money, etc.

.

Thus, one can see several such CONSCIOUSNESS associated with a BEING and each such CONSCIOUSNESS is collection of SANKHARA or aggregate of self.

.

Thus, [here SELF means AGGREGATE OF 5 khanda]

.

AWARENESS OF SELF as ‘I’ or ‘ME’ is a record of several SELF as ‘I” CONSCIOUSNESS

Awareness of knowledge of ‘ENGLISH’ is record of several SELF as ‘ENGLISH’ ‘CONSCIOUSNESS

Awareness of knowledge of ‘MATHS’ is record of several SELF as ‘MATHS’ ‘CONSCIOUSNESS

Thus, if one works for a COMPANY ‘ORACLE’ then one is creating ORACLE’ CONSCIOUSNESS with aggregate of several self that records all the work done for that company into ORACLE’ CONSCIOUSNESS

.

In summary we as BEINGS are collection of SEVERAL CONSCIOUSNESS for each of our interactions that is result of contact with 6 sense media.

+++++ CHANGE ‘reaction of AVERSION’ to ‘reaction of COMPASSION’

ALL ‘Reactions of AVERSION’ must be changed to ‘reaction of COMPASSION’, by sadhak. For example, REACTION TO ITCHING in form of SCRACTHING is a reaction of AVERSION and hence SADHAK must train themselves to instead WIPE OUT SURGFACE of SKIN “GENTLY”, when affected by itching. Although in this case, one has REACTED through volitional or physical act, but instead of ‘reaction of AVERSION’, ‘reaction of

COMPASSION' has taken place which will help eradicate "sankahara of AVERSION" and change the same to "SANKHARA of COMPASSION".

Similarly, a SADHAK, must strive to change all such "REACTION OF AVERSION" with respect to all PHENOMENON or INTERACTION with outside world, and behaving such one does not create more misery that is result of IGNORANCE of reacting with aversion or craving towards all phenomenon or interactions of world.

++
Also, SADHAK, MUST REMAIN an OBJECT OBSERVER, when experimenting with tool of DHAMMA:

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Breathing exercise THAT WILL HELP DILATE BRONCHIAL PATH to permanently cure Cold / Cough/ Asthma/ Anxiety etc.

STAND OR SIT in a relaxed upright position. This must be done in morning, empty stomach, just before you have started any other exercise. One may do this in evening also in beginning few weeks. keep your mouth shut always.

.

Any time ***AFTER*** 'next EXHALE', **HOLD or PINCH your NOSE** with index and thumb fingers, keeping your mouth shut,

.

Start counting 1001, 1002, 1003 ….. (1001, is one second, count each second)

.

HOLD TILL MAXIMUM, till the time you cannot hold anymore. **(You must increase your hold time gradually to minimum of 45 seconds)**

.

YOU MUST Hold **till STRONG URGE TO BREATH**.

.

Finally, Release your nose, keep your mouth shut, and CONTINUE TO **“OBSERVE BRETAHE THAT FLOATS EXACTLY OUTSIDE NOSE DOORS”** FOR AT LEAST 30 seconds to a minute after you have release your nose after hold above. **Or in other words you are observing INHALE and EXHALE that happens JUST OUTSIDE NOSE DOOR’s (both nostrils) for at least 30 seconds to a minute after every such release of nose after HOLD.**

.

Repeat above steps at least 2 times more, and do this exercise at least 5 days a week.

.
What is the right way to observe breathe?
To observe breath ANYWHERE within nose, seeing inhale air up to the point it reaches maximum within nose, and exhale is done/observed exactly at the point inhale air reached its maximum within nose.
.

**** All breathing exercises are done in sitting or standalone positions only**

**** Never Inhale through mouth and always keep your mouth shut when doing breathing exercises. ****

++++

++++
How can I get rid of High Blood Pressure (B.P) with natural ways?
Meditation steps to cure High Blood Pressure:
. MEDITATING ON BREATH WITHIN nose shall provide relief from high B.P
++++++++.
What is the right way to observe breathe?

To observe breath ANYWHERE within nose, seeing inhale air up to the point it reaches maximum within nose, and exhale is done/observed exactly at the point inhale air reached its maximum within nose.
++++

What can I do to get rid of this anxiety?

Or you can try this:
With a BLANK MIND that is NEUTRAL (no fear);
.
start to OBSERVE CHEST for at least 4–5 breathes
Then OBSERVE STOMACH for at least 4–5 breathes
Then OBSERVE BACK SIDE of torso, for at least 4–5 breathes
Then OBSERVE HEAD for for at least 4–5 breathes
.
CHECK STATUS OF ANXIETY, it would have gone away.

++++++++++++++++++++++++++++++++
KHANDA's in DETAIL: [07-SEP-2021] // (Aggregate of SELF / VIPASSANA)
Notes taken from accesstoinsight.org
++++++++++++++++++++++++++++++++
(Aggregate of SELF / VIPASSANA)
REF: The Five Aggregates: A Study Guide (accesstoinsight.org)
https://www.accesstoinsight.org/lib/study/khandha.html
.
There are the "five aggregates" into which the Buddha analyses the individual personality.
.
Buddhist cosmology recognizes three spheres of existence—the sense sphere, the fine-material sphere and the immaterial sphere. Human existence belongs to the sense sphere. Non-returners, after death, are reborn in the fine-material sphere and attain liberation there.
.
"KAMMA", is RE-BIRTH producing actions, thereby new life.

++ **mind consciousness and consciousness and BHAGAWAD GITA snippets**
From google search;

The Vedanta philosophy has considered mind as the subtle form of matter where in the body and its components are considered the grossest forms. Consciousness, on the other hand, is considered finer than 'mind matter' and is considered all pervasive, omnipresent and omniscient.

Is consciousness and the mind the same?

Simply put: the concept of consciousness pertains to the waking mental life of a human being, while the concept of mind pertains to the ability and activity to consciously comprehend and understand or evaluate contents and objects of human or worldly activities.
.
A 'BEING' is made of 23 elements + Consciousness [total 24 elements]

https://vaniquotes.org/wiki/Twenty-four_elements

.

There is a 'God Particle' in every being, this is known as 'ATMA' or 'SELF'

.

Just like a person [a 'BEING'], uses chariot / CAR to drive around the world, 'ATMA' or aggregate of 'SELF'(form, feeling, perceptions, formations, consciousness), uses a 'BEING' to go through worldly experiences through mind-body and 6 sense media.

The access to pleasures or pain of the world are experience through “aggregates of ‘SELF’”

.

A BEING’s nature is decided by low, high or mix of 3 attributes or qualities or GUNA. These are **sattva** (goodness, calmness, harmonious), · **rajas** (passion, activity, movement), and · **tamas** (ignorance, inertia, laziness).

The person with ‘**rajas quality’** has sattva GUNA along with knowledge and qualities, but is also chained by desires of mind, body, and sensual desires and thus continues to perform volitional acts that become cause of misery and further becoming or existence of birth of misery.

The person with ‘**tamas’ GUNA,** continues to perform actions, that are against dhamma guidelines and is responsible for misery for himself as well as others.

.

It is a goal of ATMA to realize them as a particle of God or universe and for this knowledge of ‘SELF YOG’, knowledge of ‘KARMA YOG’ and “‘SURRENDER YOG’ to UNIVERSE” is required.

One shall surrender all their actions, mind, body, consciousness, karma to UNIVERSE, meaning a person shall do whatever karma, that come on his way, he does not choose which karma to perform. He does all actions without expectations, without creating craving or aversion. The surrender shall be to ultimate reality, that is towards UNIVERSE or GOD.

.

KARMA is the action that was committed with expectations or conditioned by craving or aversion. Only when, one performs KARMA without expectations, craving or aversion, a karma done under guidelines of dhamma, one is sure to be released of CHAIN of BECOMING or existence.

.

“For whatsoever a man sows, that shall he also reap.” “Whatsoever a man does, that he shall be again.” One who performs low, base actions, is attracted to lowness, and at the moment of death will seize an opening for existence in a lower world. One who leads a worthy existence and think noble thoughts tends to nobility and will be reborn in a noble, purer world.

Therefore, one must in their lifetime collect ‘**sattva’ Guna in form of:** renunciation, relinquishment, desire lessness, detachment, purity, benevolence, forgiveness, loving-kindness, compassion, heedfulness, knowledge, understanding, wisdom to be born in higher plane and pure world.

.

It is important to know ‘BEING’ as ‘SELF’, and not as mind-body, consciousness.

It is the duty of every ATMA [‘SELF’] to realize itself as part of PARAM-ATMA [higher ‘SELF’], and thus chose path of dhamma to reach nibbana and dissolve itself in to param-atma through path of SELF-yog, KARAMA-yog and SURRENDER-yog.

+++++ 5 KHANDA continued below..

NIBBANA is NOT ANNIHILATION OF 5 KHANDA's of SELF, nibbāna being extinguishing of the fires of passion, aversion, and delusion —
That means one can have SNKAHARA or aggregates of self, that are devoid of impurity in the form of passion, aversion, and delusion and thus, still in the state of NIBBANA.
.
Form— which covers physical phenomena of all sorts, both within and without the body — wears down or "de-forms." Feeling feels pleasure, pain, and neither pleasure nor pain. Perception labels or identifies objects. Consciousness cognizes the six senses (counting the intellect as the sixth) along with their objects. Of the five khandhas, fabrication is the most complex. Passages in the canon define it as intention, but it includes a wide variety of activities, such as attention, evaluation (§14), and all the active processes of the mind. It is also the most fundamental khandha, for its intentional activity underlies the experience of form, feeling, etc., in the present moment.
.
Thus, intention is an integral part of our experience of all the khandhas — an important point, for this means that there is an element of intention in all suffering. This opens the possibility that suffering can be ended by changing our intentions (from aversion to compassion, intentions that are not conditioned by craving or aversion) — or abandoning them entirely — which is precisely the point of the Buddha's teachings.
.

MY NOTE on FABRICATIONS:
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Form= people, phenomenon or worldly objects, that becomes aware through consciousness as a whole or through one or more of six sense media consciousness (body Consciousness, eye Consciousness, ear

Consciousness, nose Consciousness, tongue Consciousness, mind or intellect Consciousness)

.

Feeling= Directed by Mind, feeling; ‘sees in case of eye’, ‘hear in case of ear’, ‘touch/sensation in case of body’, ‘smell in case of nose’, ‘taste in case of tongue’, ‘comprehend and evaluate in case of mind’

.

perception is again directed by MIND that evaluate FEELING to good, bad or neutral or just a label

.

Volitional act in form of verbal, physical or mental reaction, is directed by MIND (repeat of volitional act increases the **INTENSITY** of feelings and may form CLINGING)

Volitional act that is conditioned by craving or aversion is cause of SANKHARA, and is of 3 types: -

1. Those that are light are like a line drawn on water, which quickly disappears.
2. Those that are medium are like a line draw in sand, which disappears after a while.
3. Those that are heavy are like a line carved in rock, which disappears only after a long time.

.

Consciousness then cognizes every experience or interaction as form, feeling, perceptions, fabrications grouped into SELF or several AGGREGATE of SELF.

.

THUS, it can be said that **Consciousness is nothing but** SELF or AGGREGATE of SELF that brings back to surface, feeling, perception and volitional act for form that is past or present, whenever a SANKHARA arises due to **Consciousness that awakens on interacting with phenomenon that was result of past and present interactions.**

.

Thus, for every phenomenon, or interaction with person or worldly objects, from 5-lelements of aggregates, one can COGNISE CONSCIOUSNESS that may be understood either as craving or aversion towards ‘form’, but has FABRICATIONS or volitional act that is conditioned neither by craving nor by aversion.

.

Thus, the awareness that the other person is good or bad does not INFULENCE the RESPONSE or FABRICATION or REACTION, and such a fabrication that is not conditioned either by craving or aversion, is a FABRICATION that does not become cause of origination of misery [i.e., GOOD SANKHRA]

.

Thus, aggregates of self, without fabrications or no-reactions, can be just

considered as “awareness”, as derived by perception or evaluation of feeling for the form.
.
For example, a mosquito bite (form=body consciousness), feeling= ‘itching’, perception=’’aversion [don’t like itching]’, but due to dhamma knowledge of equanimity and anicca (impermanence), sadhak DOES NOT REACT [does not scratch skin surface affected by itching], hence NO FACBRICATION or VOLITIONAL ACT is performed. This type of phenomenon is COGNIZED in to CONSCIOUSNESS as just the awareness of itching without any reaction.
.
This is how “” AWARENESS of craving or aversion with respect to itching, without VOLITIONAL ACT”” is cognized into consciousness when one does not fabricate.
.
Here SCRATCHING of the skin surface is REACTION or FABRICATION of “” AVERSION””, which can be CONVERTED into VOLITIONAL ACT or FABRICATION act of “” COMPASSION””, by ‘GENTLY wiping out surface of skin when affected by itching, instead of scratching’

.
If passion and delight are entirely eradicated, though, all clinging is entirely abandoned, the intentions that fabricate khandhas are dropped, and the mind totally released. The bricks of the pavement have turned into a runway, and the mind has taken off.
Into what? Other passages mention that a consciousness in this freedom — "without feature or surface (without aggregates) [i.e., feeling that is neutral, perception that is neutral, no fabrication, or fabrication, that is done with compassion], without end, luminous all around"
— lying outside of time and space, experienced when the six sense spheres stop functioning or is motionless due to calmness attained as a result of abandoning of craving aversion and delusion.
.
Consciousness without feature (aggregates) is thus the awareness of Awakening. And the freedom of this awareness carries over even when the awakened person returns to ordinary consciousness.
As the Buddha said of himself:
"Freed, dissociated, & released from ‘form [worldly objects, people and phenomenon] ’, the Tathāgata dwells with unrestricted awareness. Freed, dissociated, & released from ‘feeling directed by 6 sense media’… ‘perception directed by mind’… ‘fabrications directed by volitional, physical or mental act’… ‘consciousness’… birth… aging… death… suffering & stress… defilement, the Tathāgata dwells with unrestricted awareness",
.
Thus, in summary, when all elements of aggregate of self are devoid of craving, aversion or delusion then six sense media have calmed down, and one dwells with unrestricted awareness. Without craving and aversion

towards form, feeling, perception, fabrication, the cognised consciousness is free from impurity and such a consciousness is a bliss. But knowing well that consciousness and aggregate of self are IMPERMANENT and subject to change; any passion, desire, love, thirst, fever, & craving towards consciousness and aggregate of self shall be avoided.

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NOTE:- FEW NOTES pasted below, FROM FREE BUDDHA BOOKS taken from free websites:

==========

Monks, 'Our teacher teaches the subduing of passion & desire.'

'Our teacher teaches the subduing of passion & desire for form… for feeling… for perception… for fabrications. Our teacher teaches the subduing of passion & desire for consciousness.'

.

Monks, Seeing what danger does your teacher teach the subduing of passion & desire for consciousness?'

ANSWER:

'When one is not free from passion, desire, love,thirst, fever, & craving for ""form"", then from any change & alteration in that form, there arises sorrow, lamentation, pain, grief, & despair.

Same for feeling, perception, fabrications

When one is not free from passion, desire, love, thirst, fever, & craving for ""consciousness"", then from any change & alteration in that consciousness, there arise sorrow, lamentation, pain, grief, & despair. Seeing this danger, our teacher teaches the subduing of passion & desire for form… for feeling… for perception… for fabrications.

Seeing this danger our teacher teaches the subduing of passion & desire for consciousness.'

.

Monks, what benefit does your teacher teach the subduing of passion & desire for consciousness?'

Answer:

'When one is free from passion, desire, love, thirst, fever, & craving for form, then with any change & alteration in that form,feeling, perception, fabrications and consciousness

there does not arise any sorrow, lamentation, pain, grief, or despair.

Seeing this benefit our teacher teaches the subduing of passion & desire for FORM, feeling, perception, fabrications and ""consciousness""

.

AND WHAT IS MIDDLE PATH that leads to AWAKENING, to-self, unbinding?

Precisely this Noble Eightfold Path: right view, right resolve, right speech, right action, right livelihood, right effort, right mindfulness, right concentration.

.

CLINGING to aggregates:

"It's just as when a dog is tied by a leash to a post or stake: If it walks, it walks right around that post or stake. If it stands, it stands right next to that post or stake. If it sits, it sits right next to that post or stake. If it lies down, it lies down right next to that post or stake.

"In the same way, an uninstructed run-of-the-mill person regards form as: 'This is mine, this is my self, this is what I am.' He regards feeling… perception… fabrications… consciousness as: 'This is mine; this is my self; this is what I am.' If he walks, he walks right around these five clinging-aggregates. If he stands, he stands right next to these five clinging-aggregates. If he sits, he sits right next to these five clinging-aggregates. If he lies down, he lies down right next to these five clinging-aggregates. Thus, one should reflect on one's mind with every moment: 'For a long time has this mind been defiled by passion, aversion, & delusion.'

.

From the defilement of the mind are beings defiled. From the purification of the mind are beings purified.

.

, an uninstructed, run-of-the-mill person, when creating, creates nothing but form… feeling… perception… fabrications… consciousness."

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WHAT IS form, feeling, perception, fabrication, consciousness??

++++++++++++++++++++++++++

NOTE:- FEW NOTES pasted below, FROM FREE BUDDHA BOOKS taken from free websites:

FORM- "And why do you call it 'form' [rūpa]?

Because it is afflicted, thus it is called 'form.' Afflicted with what? With cold & heat & hunger & thirst, with the touch of flies, mosquitoes, wind, sun, & reptiles. Because it is afflicted, it is called form.

The four great existents and the form derived from them. And what are the four great existents? They are the earth property, the liquid property, the fire property, & the wind property.

.

"And why do you call it 'feeling'?

Because it feels, thus it is called 'feeling.' What does it feel? It feels pleasure, it feels. pain, it feels neither-pleasure-nor-pain. Because it feels, it is called feeling.

.

There are three kinds of feeling (when perceived): pleasant feeling, painful feeling, & neither-pleasant-nor-painful feeling

.

"And what is feeling? These six bodies of feeling — feeling born of eye-contact, feeling born of ear-contact, feeling born of nose-contact, feeling

born of tongue-contact, feeling born of body-contact, feeling born of intellect-contact: this is called feeling."

.

.

"And why do you call it 'perception'?

Because it perceives [evaluates, directed by mind it evaluates], thus it is called 'perception.' What does it perceive? It perceives blue, it perceives yellow, it perceives red, it perceives white. Because it perceives, it is called perception.

"And what is perception? These six bodies of perception — perception of form, perception of sound, perception of smell, perception of taste, perception of tactile sensation, perception of ideas: this is called perception.

.

.

"And why do you call them 'fabrications'?

Because they fabricate, fabricated things, thus they are called 'fabrications.' What do they fabricate into a fabricated thing? For the sake of form-ness, they fabricate form as a fabricated thing. For the sake of feeling-ness, they fabricate feeling as a fabricated thing. For the sake of perception-hood… For the sake of fabrication-hood… For the sake of consciousness-hood, they fabricate consciousness as a fabricated thing. Because they fabricate fabricated things, they are called fabrications.

.

"And what are fabrications? There are these six classes of intention: intention aimed at sights, sounds, smells, tastes, tactile sensations, & ideas. These are called fabrications."

.

"Three kinds of fabrications: meritorious fabrications [ripening in pleasure], demeritorious fabrications [ripening in pain], & imperturbable fabrications [the formless jhānas]."

"And what, are bodily fabrications, what are verbal fabrications, what are mental fabrications?"

"In-&-out breathing is bodily, bound up with the body, therefore is it called a bodily fabrication. Having directed one's thought and evaluated (the matter), one breaks into speech. Therefore, directed thought & evaluation are called verbal fabrications. Perception & feeling are mental, bound up with the mind. Therefore perception & feeling are called mental fabrications."

.

"And what are fabrications? These three are fabrications: bodily fabrications, verbal fabrications, mental fabrications. These are called fabrications.

.

.

"And why do you call it 'consciousness'?

Because it cognizes, thus it is called consciousness. What does it cognize? It cognizes what is sour, bitter, pungent, sweet, alkaline, non-alkaline, salty, & unsalty. Because it cognizes, it is called consciousness."

.

"And what is consciousness? These six bodies of consciousness: eye-consciousness, ear-consciousness, nose-consciousness, tongue-consciousness, body-consciousness, intellect-consciousness. This is called consciousness."

.

.

"And what are the six sense media?

These six are sense media: the eye-medium, the ear-medium, the nose-medium, the tongue-medium, the body-medium, the intellect-medium. These are called the six sense media.

.

.

"And what is name-&-form?

Feeling, perception, intention, contact, & attention: This is called name. The four great elements (earth, water, fire, air) and the form dependent on the four great elements: This is called form. This name & this form are called name-&- form.

.

"'From consciousness as a requisite condition comes name-&-form.' Thus, it has been said.

.

"From name-&-form as a requisite condition comes consciousness.' Thus, it has been said. And this is the way to understand how from name-&-form as a requisite condition comes consciousness.

.

If consciousness were not to gain a foothold in name-&-form, would a coming-into-play of the origination of birth, aging, death, and stress in the future be discerned?" "Thus, this is a cause, this is a reason, this is an origination, this is a requisite condition for consciousness, i.e., name-&-form

.

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Nutriment of physical food :-

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"Where there is passion, delight, & craving for the nutriment of physical food, consciousness lands there and grows. Where consciousness lands and grows, name-&-form alights. Where name-&-form alights, there is the growth of fabrications. Where there is the growth of fabrications, there is the production of renewed becoming in the future. Where there is the production of renewed becoming in the future, there is future birth, aging, & death, together, I tell you, with sorrow, affliction, & despair.

.

SIMILARLY, "Where there is no passion for the nutriment of physical food, where there is no delight, no craving, then consciousness does not land there or grow… Name-&- form does not alight… There is no growth of fabrications… There is no production of renewed becoming in the future. Where there is no production of renewed becoming in the future, there is no future birth, aging, & death. That, I tell you, has no sorrow, affliction, or despair.
.
.

NOTE:- FEW NOTES pasted below, FROM FREE BUDDHA BOOKS taken from free websites:

Constructing a Self
++++++++++++++++

The Blessed One said, "And which is the burden?
'The five clinging-aggregates,' it should be said. Which five? Form as a clinging-aggregate, feeling as a clingingaggregate, perception as a clinging-aggregate, fabrications as a clingingaggregate, consciousness as a clinging-aggregate: This, monks, is called the burden.
.
"And which is the carrier of the burden? 'The person (NAME-FORM),' it should be said. This venerable one with such a name, such a clan-name: This is called the carrier of the burden
.
"And which is the carrier of the burden? 'The person,' it should be said. This venerable one with such a name, such a clan-name: This is called the carrier of the burden
.
"And which is the casting off of the burden? The remainderless dispassioncessation, renunciation, relinquishment, release, & letting go of that very ‘craving’: This is called the casting off of the burden."
.
CLINGING
++++++++++++
"Monks, there are four (modes of) clinging. Which four? Sensuality-clinging, view-clinging, habit-&-practice-clinging, and doctrines-of-the-self-clinging."
.
AN IGNORANT PERSON, assumes FORM to be SELF, assumes feeling to be the self, assumes perception to be the self, assumes fabrications to be the self, assumes consciousness to be the self
.

"If one stays obsessed with FORM, feeling… perception… fabrications, consciousness
"Any desire, passion, delight, or craving for FORM, feeling… perception… fabrications… "Any desire, passion, delight, or craving for consciousness, : when one is caught up there, tied up there, “”one is said to be 'a being””.'"
.
========== WHAT IS A “BEING”? as asked by MARA the EVIL ONE
MARA: "By whom was this “”being”” created? Where is the living being's maker? Where has the living being originated? Where does the living being cease?"
.
"What? Do you assume a 'being,' Māra? Do you take a position?
This is purely a pile of fabrications. Here no living being can be pinned down.
.
Just as when, with an assemblage of parts, there's the word, chariot, even so when aggregates are present, there's the convention of a “” being””.
.
For only stress is what comes to be; stress, what remains & falls away. Nothing but stress comes to be. Nothing ceases but stress." Then Māra the Evil One — sad & dejected at realizing, "Vajirā the nun knows me" — vanished right there.
==========

NOTE:- FEW NOTES pasted below, FROM FREE BUDDHA BOOKS taken from free websites:

Constructing the Path
++++++++++++++++
SECLUSION: first jhāna: “” **rapture & pleasure born of seclusion””**, accompanied by directed thought & evaluation. There is nothing of his entire body unpervaded by rapture & pleasure born of seclusion…
"Quite secluded from sensuality, secluded from unskilful mental qualities, the monk enters & remains in the first jhāna:, **Here His earlier perception of sensuality ceases,**
.
CONCENTRATION: second jhāna: **rapture & pleasure born of seclusion**, accompanied by directed thought & evaluation. this very body with the rapture & pleasure **born of concentration**. There is nothing of his entire body unpervaded by rapture & pleasure born of concentration…
"Then, with the stilling of directed thoughts & evaluations, the monk enters & remains in the second jhāna: **His earlier perception of a refined truth of rapture & pleasure born of seclusion ceases**
.

'Equanimous & mindful, third jhāna: "And then, with the fading of rapture, the monk remains equanimous, mindful, & alert, and senses pleasure with the body. He enters & remains in the third jhāna, of which the noble ones declare, 'Equanimous and mindful,
' His earlier perception of a refined truth of rapture & pleasure born of **concentration ceases**, and on that occasion, there is a perception of a **refined truth of equanimity**…
.
fourth jhāna: purity of equanimity & mindfulness, **neither-pleasure-nor-pain.** the monk enters & remains in the fourth jhāna: purity of equanimity & mindfulness, neither-pleasure-nor-pain.
His earlier perception of a refined truth of **equanimity ceases**, and on that occasion, there is a **perception of a refined truth of neither pleasure nor pain**…
.
.
.
And thus, it is that with training one perception arises and with training another perception ceases. "And then, with the complete transcending of perceptions, ' the monk enters & remains in the dimension of the “” **infinitude of space**””, And thus it is that with training one perception arises and with training another perception ceases.
.
"And then, with the complete transcending of the dimension of the infinitude of space, ' the monk enters & remains in the dimension of **the infinitude of consciousness.** His earlier perception of a refined truth of the dimension of the infinitude of space ceases, and on that occasion, there is a perception of a refined truth of the dimension of the infinitude of “” consciousness””
.
"And then, with the complete transcending of the dimension of the infinitude of consciousness, thinking, 'There is nothing,' the monk enters & remains in the **dimension of “” nothingness**””. And thus, it is that with training one perception arises and with training another perception ceases."
.
"'I tell you, the ending of the (mental) fermentations depends on the first jhāna.' Thus, it has been said. In reference to what was it said? There is the case where a monk, secluded from sensuality, secluded from unskillful qualities, enters & remains in the first jhāna: **rapture & pleasure born from seclusion**, accompanied by directed thought & evaluation. He regards whatever phenomena there that are connected with form, feeling, perception, fabrications, & consciousness, as inconstant, stressful, a disease, a cancer, an arrow, painful, an affliction, alien, a disintegration, an emptiness, not-self. He turns his mind away from those phenomena, and having done so, inclines his mind to the property of deathlessness: 'This is peace, this is exquisite — the resolution of all fabrications; the relinquishment of all acquisitions; the ending of craving; dispassion; cessation; Unbinding.'
.
there is the case where a monk… enters & remains in the first jhāna: rapture & pleasure born of seclusion, accompanied by directed thought & evaluation. He regards whatever phenomena there that are connected with form, feeling,

perception, fabrications, & consciousness, as inconstant, stressful, a disease, a cancer, an arrow, painful, an affliction, alien, a disintegration, an emptiness, not-self. He turns his mind away from those phenomena, and having done so, inclines his mind to the property of deathlessness: 'This is peace, this is exquisite — the resolution of all fabrications; the relinquishment of all acquisitions; the ending of craving; dispassion; cessation; Unbinding.'
.

NOTE:- FEW NOTES pasted below, FROM FREE BUDDHA BOOKS taken from free websites:

========== **Ten perceptions,**
"Lord, Ven. Girimānanda is diseased, in pain, severely ill. It would be good if the Blessed One would visit Ven. Girimānanda, out of sympathy for him.
.
"Ānanda, if you go to the monk Girimānanda and tell him ten perceptions, it's possible that when he hears the ten perceptions his disease may be allayed. Which ten? The perception of inconstancy, the perception of not-self, the perception of unattractiveness, the perception of drawbacks, the perception of abandoning, the perception of dispassion, the perception of cessation, the perception of distaste for every world, the perception of the undesirability of all fabrications, mindfulness of in-&-out breathing.
.
"And what is the perception of inconstancy? There is the case where a monk — having gone to the wilderness, to the shade of a tree, or to an empty building — reflects thus: 'Form is inconstant, feeling is inconstant, perception is inconstant, fabrications are inconstant, consciousness is inconstant.' Thus he remains focused on inconstancy with regard to the five aggregates. This, Ānanda, is called the perception of inconstancy.
.
"And what is the perception of not-self? There is the case where a monk — having gone to the wilderness, to the shade of a tree, or to an empty building — reflects thus: 'The eye is not-self, forms are not-self; the ear is not-self, sounds are not-self; the nose is not-self, aromas are not-self; the tongue is not-self, flavors are not-self; the body is not-self, flavors are not-self; the intellect is notself, ideas are not-self.' Thus he remains focused on not-selfness with regard to the six inner & outer sense media. This is called the perception of not-self.
.
"**And what is the perception of abandoning [mental hindrances]?** There is the case where a monk does not tolerate an arisen thought of sensuality. He abandons it, destroys it, dispels it, & wipes it out of existence. He does not tolerate an arisen thought of illwill. He abandons it, destroys it, dispels it, & wipes it out of existence. He does not tolerate an arisen thought of harmfulness. He abandons it, destroys it, dispels it, &

wipes it out of existence. He does not tolerate arisen evil, unskillful mental qualities. He abandons them, destroys them, dispels them, & wipes them out of existence. This is called the perception of abandoning.

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The Five Aggregates: A Study Guide
https://www.accesstoinsight.org/lib/study/khandha.html 22/39

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"And what is the perception of dispassion? There is the case where a monk — having gone to the wilderness, to the shade of a tree, or to an empty building — reflects thus: 'This is peace, this is exquisite — the stilling of all fabrications, the relinquishment of all acquisitions, the ending of craving, dispassion, Unbinding.' This is called the perception of dispassion.

.

"And what is the perception of distaste for every world? There is the case where a monk abandoning any attachments, clingings, fixations of awareness, biases, or obsessions with regard to any world, refrains from them and does not get involved. This is called the perception of distaste for every world.

.

"And what is mindfulness of in-&-out breathing? There is the case where a monk — having gone to the wilderness, to the shade of a tree, or to an empty building — sits down folding his legs crosswise, holding his body erect, and setting mindfulness to the fore. Always mindful, he breathes in; mindful he breathes out.

.

' He trains himself, 'I will breathe IN and out calming bodily fabrication.
He trains himself, 'I will breathe in calming mental fabrication.' He trains himself, 'I will breathe out calming mental fabrication.
He trains himself, 'I will breathe in releasing the mind.' He trains himself, 'I will breathe out releasing the mind.'

.

He trains himself, 'I will breathe in focusing on inconstancy.' He trains himself, 'I will breathe out focusing on inconstancy.' [xiv] He trains himself, 'I will breathe in focusing on dispassion [literally, fading].' He trains himself, 'I will breathe out focusing on dispassion.' [xv] He trains himself, 'I will breathe in focusing on cessation.' He trains himself, 'I will breathe out focusing on cessation.' 11/03/2019 The Five Aggregates: A Study Guide https://www.accesstoinsight.org/lib/study/khandha.html 23/39 [xvi] He trains himself, 'I will breathe in focusing on relinquishment.' He trains himself, 'I will breathe out focusing on relinquishment.'" "This, Ānanda, is called mindfulness of in-&-out breathing.

.

DURING ANAPANA breathe observation he trains himself:

He Trains himself ‘No Interaction with FORM aka phenomenon, worldly objects
He Trains himself ‘No Interaction with FEELINGS coming from 6 sense media
He Trains himself ‘No Interaction with PERCEPTIONS directed by MIND
He Trains himself ‘No Interaction with FORMATIONS directed by mind-body i.e., NO REACTION.
He Trains himself ‘No Interaction with CONSCIOUSNESS i.e., all reaction to sankhara and creation of aggregate of SELF is stopped
.
.
DURING ANAPANA breathe observation, FOR EVERY [Breathes IN and Breathe OUT] he reminds himself of following:

RENOUNCING or let’s go of all worldly interaction with all ‘forms’ (phenomenon, people, objects), I breathe In and Out
RENOUNCING or let’s go of all sense media ‘feelings and thoughts’, I breathe In and Out
RENOUNCING or let’s go of MIND Interaction and ‘evaluations aka perceptions’, I breathe In and Out
RENOUNCE or let’s go of all ‘BODILY reactions or volitional act or formations, I breathe In and Out
RENOUNCING or let’s go of all CONSCIOUSNESS, i.e., renounces (forms, feeling, perceptions, formations) or all 5 elements of aggregate of SELF, I breathe In and Out
.

Deconstruction

NOTE:- FEW NOTES pasted below, FROM FREE BUDDHA BOOKS taken from free websites:

"Even so, monks, whatever isn't yours: Let go of it. Your letting go of it will be for your long-term welfare & happiness. And what isn't yours? Form isn't yours… Feeling isn't yours… Perception… Fabrications… Consciousness isn't yours: Let go of it. Your letting go of it will be for your long-term welfare & happiness."
.
[Mahāli:] "And what, lord, is the cause, what the requisite condition, for the defilement of beings? How are beings defiled with cause, with requisite condition?" [The Buddha:]

"Mahāli, if form were exclusively stressful — followed by stress, infused with stress and not infused with pleasure — beings would not be infatuated with form. But because form is also pleasurable — followed by pleasure, infused with pleasure and not infused with stress — beings are infatuated

with form. Through infatuation, they are captivated. Through captivation, they are defiled. This is the cause, this the requisite condition, for the defilement of beings. And this is how beings are defiled with cause, with requisite condition.
"If feeling were exclusively stressful… "
If perception were exclusively stressful… "
If fabrications were exclusively stressful… "

If consciousness were exclusively stressful — followed by stress, infused with stress and not infused with pleasure — beings would not be infatuated with consciousness. But because consciousness is also pleasurable — followed by pleasure, infused with pleasure and not infused with stress — beings are infatuated with consciousness.
Through infatuation, they are captivated. Through captivation, they are defiled. This is the cause, this the requisite condition, for the defilement of beings. And this is how beings are defiled with cause, with requisite condition."
.
"And what, lord, is the cause, what the requisite condition, for the purification of beings? How are beings purified with cause, with requisite condition?"
"Mahāli, if form were exclusively pleasurable — followed by pleasure, infused with pleasure and not infused with stress — beings would not be disenchanted with form. But because form is also stressful — followed by stress, infused with stress and not infused with pleasure — beings are disenchanted with form. Through disenchantment, they grow dispassionate. Through dispassion, they are purified. This is the cause, this the requisite condition, for the purification of beings. And this is how beings are purified with cause, with requisite condition.
"If feeling were exclusively pleasurable… "
If perception were exclusively pleasurable… "
If fabrications were exclusively pleasurable… "
If consciousness were exclusively pleasurable —
followed by pleasure, infused with pleasure and not infused with stress — beings would not be disenchanted with consciousness. But because consciousness is also stressful — followed by stress, infused with stress and not infused with pleasure — beings are disenchanted with consciousness.
Through disenchantment, they grow dispassionate. Through dispassion, they are purified. This is the cause, this the requisite condition, for the purification of beings. And this is how beings are purified with cause, with requisite condition."

..
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§ 40. "For a monk practicing the Dhamma in accordance with the Dhamma, what accords with the Dhamma is this: that he keep cultivating disenchantment with regard to form, that he keep cultivating disenchantment with regard to feeling, that he keep cultivating disenchantment with regard to perception, that he keep cultivating disenchantment with regard to fabrications, that he keep cultivating disenchantment with regard to consciousness. As he keeps cultivating disenchantment with regard to form… feeling… perception… fabrications… consciousness, he comprehends form… feeling… perception… fabrications… consciousness. As he comprehends form… feeling… perception… fabrications… consciousness, he is totally released from form… feeling… perception… fabrications… consciousness. He is totally released from sorrows, lamentations, pains, distresses, & despairs. He is totally released, I tell you, from suffering & stress." — SN 22:39
.
.
The Blessed One said, "And which are the phenomena to be comprehended? Form is a phenomenon to be comprehended. Feeling… Perception… Fabrications… Consciousness is a phenomenon to be comprehended. These are called phenomena to be comprehended. "And which is comprehension? Any ending of passion, ending of aversion, ending of delusion. This is called comprehension."
.

NOTE:- FEW NOTES pasted below, FROM FREE BUDDHA BOOKS taken from free websites:

UNBINDING:
++++++++++
§ 43. "It's just as when boys or girls are playing with little sand castles [literally, dirt houses]. As long as they are not free from passion, desire, love, thirst, fever, & craving for those little sand castles, that's how long they have fun with those sand castles, enjoy them, treasure them, feel possessive of them. But when they become free from passion, desire, love, thirst, fever, & craving for those little sand castles, then they smash them, scatter them, demolish them with their hands or feet and make them unfit for play.
.
"In the same way, Rādha, you too should smash, scatter, & demolish form, and make it unfit for play. Practice for the ending of craving for form.
.
"You should smash, scatter, & demolish feeling, and make it unfit for play. Practice for the ending of craving for feeling.
.
"You should smash, scatter, & demolish perception, and make it unfit for play. Practice for the ending of craving for perception.

.
"You should smash, scatter, & demolish fabrications, and make them unfit for play. Practice for the ending of craving for fabrications.
.
"You should smash, scatter, & demolish consciousness and make it unfit for play. Practice for the ending of craving for consciousness —
.
+ because the ending of craving, Rādha, is Unbinding."
.
.
"And what is the development of concentration that... leads to the ending of the fermentations?
There is the case where a monk remains focused on arising & falling away with reference to the five clinging-aggregates: 'Such is form, such its origination, such its disappearance. Such is feeling… Such is perception… Such are fabrications… Such is consciousness, such its origination, such its disappearance.' This is the development of concentration that… leads to the ending of the fermentations."
.
.
Both formerly & now, it's only stress that I describe, and the cessation of stress."
.
"Then, friend Yamaka, how would you answer if you are thus asked: A monk, a worthy one, with no more fermentations: what is he on the break-up of the body, after death?

"Thus asked, I would answer, 'Form is inconstant… Feeling… Perception… Fabrications… Consciousness is inconstant. That which is inconstant is stressful. That which is stressful has ceased and gone to its end." — SN 22:85
.
§ 52. Now at that moment this line of thinking appeared in the awareness of a certain monk: "So — form is not-self, feeling is not-self, perception is not-self, fabrications are not-self, consciousness is not-self. Then what self will be touched by the actions done by what is not-self?"

"Thus, monks, any form whatsoever that is past, future, or present; internal or external; blatant or subtle; common or sublime; far or near: every form is to be seen as it actually is with right discernment as: 'This is not mine. This is not my self. This is not what I am.'
.
"Any feeling whatsoever… "Any perception whatsoever…
"Any fabrications whatsoever…

"Any consciousness whatsoever that is past, future, or present; internal or external; blatant or subtle; common or sublime; far or near: every consciousness is to be seen as it actually is with right discernment as: 'This is not mine. This is not my self. This is not what I am.'

.

"Seeing thus, the instructed disciple of the noble ones grows disenchanted with form, disenchanted with feeling, disenchanted with perception, disenchanted with fabrications, disenchanted with consciousness. Disenchanted, he becomes dispassionate. Through dispassion, he is fully released. With full release, there is the knowledge, 'Fully released.' He discerns that 'Birth is ended, the holy life fulfilled, the task done. There is nothing further for this world.'"

..

..

Consciousness without feature, without end, luminous all around: Here water, earth, fire, & wind have no footing. Here long & short coarse & fine fair & foul name & form are, without remnant, brought to an end. From the cessation of (sensory) consciousness, each is here brought to an end.

.

§ 56. "Freed, dissociated, & released from ten things, Bāhuna, the Tathāgata dwells with unrestricted awareness. Which ten? Freed, dissociated, & released from form, the Tathāgata dwells with unrestricted awareness. Freed, dissociated, & released from feeling… from perception… from fabrications… from consciousness… from birth… from aging… from death… from suffering & stress… Freed, dissociated, & released from defilement, the Tathāgata dwells with unrestricted awareness.

.

"Just as a red, blue, or white lotus born in the water and growing in the water, rises up above the water and stands with no water adhering to it, in the same way the Tathāgata — freed, dissociated, & released from these ten things — dwells with unrestricted awareness."

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THE CASE OF SECURITY GUARD and ACT OF OMMISION OF DUTY

HOW new Consciousness "SECURITY GUARD" was created?

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The security guard was found to chat with outside people mostly his acquaintances who will sit in front of his desk, unauthorised people, and thus there was omission of duty.

.

Now you as a person who sees this on daily basis is starting to create feeling of aversion towards this act of security guard, and in some cases the person may also have been creating aversion towards this act as well as security guard both.

.

Next, you as a person, inform or complain to the society /corporate management of this act of omission of duty by security guard.

.

Now, under DHAMMA guidelines this is how this is being recorded:

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Form= ‘**SECURITY GUARD’**, that one becomes aware through consciousness as a whole or through one or more of six sense media consciousness (body Consciousness, eye Consciousness, ear Consciousness, nose Consciousness, tongue Consciousness, mind or intellect Consciousness)
.
Feeling= Directed by Mind, feeling; ‘sees in case of eye’, ‘hear in case of ear’, ‘comprehend and evaluate in case of mind’, ‘touch/sensation in case of body’, ‘smell in case of nose’, ‘taste in case of tongue’,

And thus, **FEELING, as comprehended by MIND, is that an ACT OF OMISSION is seen and heard**.
.
perception is again directed by MIND that evaluate FEELING to good, bad or neutral or just a label. The repeat instances of ‘omission of duty’ as seen and PERCEIVED thereof feeling towards form (’security guard’), ‘intensifies the perception’, and may result in volitional act or fabrication.

‘PERCEPTION’ OF ‘feeling’ is that of AVERSION to ‘” ACT of omission of duty by security guard”’.
In some cases, this **PERCEPTION** may have created “**ill will**” or ‘aversion’ also towards SECURITY GUARD (name-form). As PERCEPTION of aversion is evaluated with **REPETITION** towards ‘feeling’ generated by ‘form’, ‘**INTENSITY’** of PERCEPTION [of aversion] increases which may give rise to **REACTION** or VOLITIONAL ACT or **KARMA** or **KAMMA**.
.

Volitional act in form of verbal, physical or mental reaction, is directed by MIND (repeat of volitional act or AGITATION., forms CLINGING and increases their '**INTENSITY**')

.

Volitional act or fabrication, that is conditioned by craving or aversion based on '**intensity of perception',** or with the "**expectation of result**", is cause of SANKHARA or CONSCIOUSNESS, and is of 3 types in terms of their **INTENSITY**: -

1. Those SANKHARA, that are light are like a line drawn on water, which quickly disappears [least intensity]

2. Those SANKHARA, that are medium are like a line draw in sand, which disappears after a while [medium intensity]

3. Those SANKHARA, that are heavy are like a line carved in rock, which disappears only after a long time [highest intensity]

.

Thus, from above 3 types of SANKHARA, it is cleat that 'MORE THE repetition of VOLITIONAL ACT or agitation', more will be the INTENSITY or EFFECT OF SANKHARA when they arise.

Now, volitional act in form of 'VERBAL OR WRITTEN COMPLAINT' WAS FILED BY you as a PERSON with SOCIETY/corporate management, informing them of 'act of omission by security guard'.

.

Consciousness then cognizes every experience or interaction as form, feeling, perceptions, fabrications grouped into SELF or several AGGREGATE of SELF.

So, now you as a PERSON, have AGGREGATE OF SELF RECORDED AS below;

SELF (

Form= 'SECURITY GUARD's ACT of omission of duty'

FEELING= as comprehended by MIND, that an 'ACT OF OMISSION of duty' is seen

PERCEPTION= AVERSION or AGITATION (along with INTENSITY) to this '**ACT of security guard'**

FABRICATION= volitional act in form of 'VERBAL OR WRITTEN COMPLAIN WAS FILED'

Consciousness = then cognizes all 4 elements into aggregate of self.

)

.

Repeat of volitional act or AGITATION., forms CLINGING and increases their '**INTENSITY of perception'.**

Now, in case you as a person has also created aversion, not only to 'ACT of omission of duty', but also to the person security guard (name-form), then you would have created another aggregate of self as below:

SELF (
Form= ‘SECURITY GUARD (name-form)’
FEELING= as comprehended by MIND, that an ‘ACT OF OMISSION of duty’ is seen
PERCEPTION= AVERSION or AGITATION (along with INTENSITY) to ‘**SECURITY GUARD (name-form)’**
FABRICATION= volitional act in form of VERBAL OR WRITTEN COMPLAIN WAS FILED
Consciousness = then cognizes all 4 elements into aggregate of self.
)

Now, once an aggregate of self is created, then this is known as SANKHARA, and its nature of SANKHARA to ARISE, PERSISTS and FADE AWAY, as long as one is not released from that SANKHARA.

By above VOLITIONAL ACT or FABRICATION, a NEW Consciousness is created in the form of a SANKHARA. SANKHARA can be GOOD as well as Bad or NEUTRAL.
.
Let’s NAME this Consciousness as “SECURITY GUARD”

This “SECURITY GUARD” **Consciousness is aggregate of 2-SELF, as above.**
.

This aggregate of self or a SANKHARA or a **Consciousness**, will continue to HAUNT you, till the situation is resolved and sankhara is released. Thus, by VOLITIONAL ACT of REACTING towards PHENOMENON that was in a state of flux, or interaction of you as a person and a security guard, you have created a SELF or a SANKHARA that must go through cessation as per law of nature so that you as a person is released from effect of it to make you peaceful.
.
By above VOLITIONAL ACT or FABRICATION, a NEW Consciousness is created in the form of a SANKHARA. SANKHARA can be GOOD as well as Bad or NEUTRAL.
Let’s NAME this Consciousness as “SECURITY GUARD”

.
Now, lets look at what could have been done to avoid creating this MISERY for yourself that will continue to haunt you since it was initiated or given birth by you as a person:

.

THUS, it can be said that **Consciousness is nothing but** SELF or AGGREGATE of SELF that brings back to surface; feelings, perception and volitional act for form that is past or present, whenever a SANKHARA arises due to **Consciousness that awakens on interacting with phenomenon or form that was result of past and present interactions.**

.

KAMMA or KARMA, in DHAMMA guidelines means any KARMA that was committed with expectations of result or any kamma that is conditioned either by craving or aversion, thus one is now bound or chained to the result or cause of karma. By ignorance, a KAMMA was performed and which was cause of becoming i.e., existence of misery. A KARMA that was NOT conditioned by craving, aversion or expectations would not have created a misery.

.

Here IGNORANCE means, when one WAS NOT OBJECTIVE OBSERVER and WHEN ONE DID NOT SHOW EQUANIMITY and REACTED out of craving or aversion or delusion or expectations with respect to thoughts and phenomenon, which resulted in fabrication or formations or volitional act, thus forming a SANKHARA or MENTAL DEFILEMENT.

.

.

Thus, in above example of **Consciousness=' SECURITY GUARD',** if a person has committed volitional act of RAISING COMPLAINT to Society or corporate management for the omission of act of security guard, and if that volitional act is done out of aversion or with the expectation of result that society or corporate management 'will act upon guard for his behaviour, then the person is BOUND to this **Consciousness,** till the action is performed to his liking. Thus, a person now '**CLINGS'** to his volitional act and feels miserable till the result to his expectations are shown. As per dhamma guidelines, CLINGING to elements of KHANDA or aggregate of self is the cause of **'BURDEN'**. CLINGING is a conditional arising, i.e., this volitional act or formation was committed due to aversion or with expectation of certain result.

.

IF there exists a '**CLINGING**' With respect to formation or volitional act='COMPLAINT',

.

Thus, there exist a perception in the form of a SELF= **'BURDEN'**, or a SANKHARA '**BURDEN'**, with Form= SECURITY GUARD, feeling='omission of act', perception=AVERSION, formation= 'complaint to society or corporate management with expected results'

.

Then, who is the carrier of this SANKHARA **'BURDEN’**?

+ Now, as per BUDDHA CLINGING TO Aggregate of self is a BURDEN,

And who is the carrier of BURDEN? NAME-FORM with CONSCIOUSNESS and MIND-BODY is the carrier of burden.

.

Thus, you as a name-form ‘**PERSON’**" is carrier of this BURDEN

.

Now, as buddha says, one has to let go of CLINGING to form, CLINGING to feeling, CLINGING to perceptions, CLINGING to formations, CLINGING to **Consciousness**

.

.

AND, how to get rid of this SANKAHRA 'BURDEN'?

.

By letting go of CLINGING to SANKHARA or **Consciousness** = 'BURDEN".

By letting go of CLINGING to thought that is ‘VOLITIONAL ACT OF COMPLAINT or expected result’,

letting go of CLINGING to form that is ‘SECURITY GUARD’, letting go of CLINGING to feeling that is “act of omission of duty’, letting go of CLINGING to perception that is ‘AVERSION to security guard of his act of omission’, letting go of CLINGING TO VOLITIONAL ACT THAT IS ‘complaint to society or corporate management and expected result’.....

.

Or, by observing mental hindrance 'ill will' or 'aversion' and sensations, with equanimity as soon they arise in form of thoughts or mental contents or when interacting with form =’security guard or his act of omission’

.

NOW, if we can summarise this for “EVERY SUCH BURDEN”,

.
If there is a **CONSCIOUSNESS =’BURDEN’**, associated with **MANY** (form, feeling, perception, formations), i.e., HEAP of aggregates of several SELF, as follows:

.

Form= ‘SARAH’, FEELING and PERCEPTION=’Ill will or AVERSION’.

Form= ‘TOMMY’, FEELING AND PERCEPTION= ‘SENSUAL DESIRE’

Form= ‘Lizzy’, FEELING AND PERCEPTION= ‘AGITATION’

Form= ‘’SANDRA’, FEELING and PERCEPTION= ‘FEAR, ANXIETY’

…

….

… and so on,

.

Thus, CLINGING to FORM that is ‘BURDEN’, CLINGING to FEELING and PERCEPTION that is ‘BURDEN’, CLINGING TO VOLITIONAL ACT that is ‘BURDEN’, is reason for CONSCIOUSNESS that is ‘BURDEN’.

.

Thus, IF NAME-FORM ‘’PERSON’ is informed that it is IGNORANCE, that was cause of CONSCIOUSNESS that is ‘BURDEN’, an act of ignorance, where an volitional act or feeling was conditioned by craving, aversion or expectation of results.

.

NAME-FORM ‘PERSON’ is a “” carrier of so many”” ‘BURDENS’ With respect to CONSCIOUSNESS (with many ‘FORMS’, so many FEELING AND PERCEPTIONS and volitional acts)

.

Then LETTING go of CONSCIOUSNESS that is ‘BURDEN’ is what shall be practiced for the sake of abandoning any misery related to form, feeling, perceptions,

.

And what is letting go of CONSCIOUSNESS of 'BURDEN'?

You, as a PERSON is always alert enough to not perform VOLITIONAL ACT that is conditioned by craving, aversion or expectation of results. You shall perform KARMA or KAMMA, that is NOT conditioned by expectation of result and is NOT conditioned by aversion or desire in any form.

.

You must let go of **FORM**, meaning perform every type of "interaction with Worldly objects, people, and phenomenon", in such a way that NO craving, NO Aversion, or delusion arises. Or, if a SADHAK has decided to RENOUNCE worldly life, then he shall SIMPLY LET GO OF FORM or worldly interaction in all forms.

You must let go of **FEELING**, meaning "contact or interaction of 6 sense media" with Worldly objects, people, and phenomenon, food, does not create craving, Aversion, or 'delusion with respect to thoughts' and with respect to object of CONTACT or INTERACTION. Or, if a SADHAK has decided to RENOUNCE worldly life and sensual pleasures, then he shall SIMPLY LET GO OF FEELING that arise on account of CONTACT of 6 sense media in all forms. He does not get attached to visuals, sounds, tastes, verbal talks, touch, smells, and gives up all kind of delusion with respect to mind.

You must let go of **PERCEPTION**, meaning perform every type of interaction with Worldly objects, people, and phenomenon, in such a way that NO craving, NO Aversion, or delusion arises "with respect to MIND". Or, if a SADHAK has decided to RENOUNCE worldly life, He simply gives up any delusion with respect to MIND, and detaches himself from mind that is in a habit of evaluating phenomenon by labelling them as craving or aversion.

You must let go of **FORMATION** or FABRICATION or VOLITIONAL ACT, meaning perform every type of interaction with Worldly objects, people, and phenomenon, in such a way that NO craving, NO Aversion, or delusion arises when REACTING in response towards form, feeling, perception. All type of volitional act is carried out with compassion and where there arises no craving, aversion during formation or fabrication. Or, if a SADHAK has decided to RENOUNCE worldly life, then HE SIMPLY REFUSES TO REACT to anything whatsoever with respect to form, feeling and perceptions.

.

You must perform all actions without expectations, and no karma shall be conditioned by craving or aversion.

.

Similarly, one shall OBSERVE CONSCIOUSNESS ‘BURDEN’ with EQUANIMITY and as an OBJECTIVE OBSERVER as soon as they arise on body, in form of GROSS SENSATIONS or MENTAL HINDRANCES or due to any phenomenon that is in a state of flux.

KARMA / INTENTIONS - a case of good karma and bad karma
==========

If there is a woman, who by will of fate, destiny, or for reasons of maintaining her family, or for for reason unknown, is now a 'prostitute',
for her, this 'act of prostitution' is just a way to survive and bring food to family.

This woman, when she dies, MAY still goes to ""HIGHER PLANE or pure and noble world""
.
SIMILARLY, If there is a ANOTHER woman, who by will of desire to experience material life, is now a 'prostitute',
for her, this 'act' is a way to experience material pleasure of life

This woman, when she dies, MAY be born again in ""lower world"".
.

ALSO, there is MAN, who by desire to seek sensual pleasure goes to a PROSTITUTE,

He thinks lowly of prostitute and her work, thinks such a woman is a disgrace but still worthy of seeking pleasure,
this man, when he dies, he MAY be born again in "lower world"
,
But, there is ANOTHER MAN, who by desire to seek sensual pleasure goes to a PROSTITUTE,

he is of opinion, that a prostitute is just doing work that is assigned to her by fate of will, or for any reason,
he knows, that in most cases these woman are victim of survival game, due to reasons, beyond their control. He also thinks that these types of women are mostly approached by men of lower deeds, and contemplates that if he as a 'NOBLE PERSON', goes to her, then at least once a while she can get a company of a 'NOBLE PERSON', and he acts out of respect during the whole process,
.
this man when he dies, he MAY be born again in "higher world"
.

Thus, although the SAME DEED was performed by 2-PROSTITUTE or '2-MEN seeking sensual pleasure', BUT THE 'INTENT BEHIND THE DEED' that was pure or impure decides the RESULT OF KARMA.
.
Hence, when doing a KARMA, GOOD OR BAD does not matter, it is the "INTENTION BEHIND THE KARMA" that decides the purity or impurity of a karma.
.

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++++ **What is EGO? What is PERCEPTION of EGO? How the Ego is formed in first place?**

The EGO, is formed in many ways: -

.

The most common of EGO that was formed was ‘perception of an ego’ of ‘I’ or “ME”, “I am”

Similarly, when one became ‘TEACHER’, the ‘perception of an ego’, ‘TEACHER’ was formed

Similarly, when one became a ‘PRESIDENT or a CEO’ of a COMPANY, the ‘perception of an ego’, ‘PRESIDENT or CEO’ was formed

..

..

Now ‘PERCEPTION’, is an ELEMENT of a ‘SELF’. A SELF is nothing but a SANKHARA or MENTAL DEFILEMENT.

.

So, now one can have several EGOS in form of ‘I”,’ME”, ‘TEACHER’, ‘PRESIDENT”, ‘CEO”, and so on. And when such perceptions formed and recorded as aggregate of ‘SELF’, one tends to CLING to these perceptions that are formed as part of ‘SELF’.

.

When such perceptions of EGO are formed, NAME-FORM or a person may have developed CLINGING to them, and when any of these EGO are challenged, the name-form becomes miserable.

.

For example, to an EGO= ‘TEACHER’, if a student does not show respect, refuses to give respect as a teacher shall be given, then the name-form or a person becomes miserable.

.

Similarly, EGO= ‘PRESIDENT or CEO’, of a company who is challenged by their employees or those working with him/her, or in some cases when a name-form or a person loses this title due to corporate re-structuring, may get miserable on account of such a challenge to their EGO.

.

The person or name-form becomes miserable only because they have tightly clung to their perception of EGO and have formed a DESIRE or CARVING to that EGO of them. And when these perceptions are challenged in any form, or when these perceptions of ego are altered or taken away in any ways, the name-form with perception of EGO become miserable.

.

+ Now, as per BUDDHA's teachings, CLINGING TO Aggregate of self, perception of an EGO as in this case, is a 'BURDEN',

.

Thus, 'letting go' of clinging to perception of an EGO is the way to eradicate mental defilement 'EGO=teacher, Ego='CEO or president'

.

And who is the carrier of BURDEN? NAME-FORM with CONSCIOUSNESS and MIND-BODY is the carrier of burden.

.

Thus, you as a name-form '**PERSON'**" is carrier of this 'BURDEN'

.

Now, as buddha says, one has to let go of CLINGING to form, CLINGING to feeling, **CLINGING to perceptions**, CLINGING to formations, CLINGING to **Consciousness to eradicate mental defilements or a sankhara, in all forms.**

.

AND, how to get rid of this SANKAHRA 'BURDEN'?

.

By letting go of CLINGING to SANKHARA or **Consciousness** = 'BURDEN".

By letting go of CLINGING to PEREPTION of an EGO, that is ‘teacher, or CEO or president’,

.

letting go of CLINGING to form that is ‘EGO’, letting go of CLINGING to feeling that is “EGO of any type’, letting go of CLINGING to perception that is ‘EGO of any type, President, CEO, teacher etc.’, letting go of CLINGING TO VOLITIONAL ACT THAT IS ‘clinging to perception of ego’ shall be practiced to eradicate mental defilement of EGO of any type.

.

+++'EGO CONSCIOUSNESS' or ego,
is that portion of the human personality which is experienced as the “self” or “I” and is in contact with the external world through perception of strong views about self that is 'I'.
.
When this PERCEPTION of 'EGO' inherent or cognized as as 'SELF", is challenged, the person may feel offended or hurt.
.
in reality, the perception this 'SELF' i.e.; 'EGO' is nothing but a false view of 'I', cognized as 'SELF' to which a 'BEING' CLINGS to.
.
CLINGING to perceptions or any type of aggregate of 'SELF' is a 'BURDEN'
.
a NAME-FORM (BEING) is a carrier of this burden.
.
Letting go of a false view or clinging to self 'ego', must be practiced to be free from this 'BURDEN'
.
The letting go of this FALSE 'SELF', must be practiced to free one from MENTAL DEFILEMENT of 'SELF' that is 'EGO CONSCIOUSNESS'
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Let us understand how to not cling to illusion of STRESS created by MARA, let go of MARA and turn mind towards SUPREME-SELF or UNIVERSE

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Let’s say there was a PROJECT WORK assigned to you with a TEAM of few men and women. Now, in the past also you have been assigned such PROJECTS and a TEAM to work with, and by your experience you know that every such assignment brings

in with it, ‘STRESS’, and after every such assignment, by the time you have declared peace by completing the PROJECT, there comes ANOTHER PROJECT, which again brings ‘ANOTHER STRESS’. This is a CYCLE OF WORK aka ‘STRESS’, which you must go through, but how do you AVOID STRESS and RELATED features like aversion, clinging to work and clinging to task at hand, clinging to desires and aversion with respect to task and team members, and loss of peace of mind etc?

.

Now, let’s consider, that, there was a time, when out of PASSION and LOVE for one MAN, you were engrossed in his thoughts all the time. When you ate food, you did not feel the taste of food, as you were completely immersed by feeling of love and passion for the man and your thoughts just moved around that man while you ate food.

.

Similarly, when you walked for shopping, you travelled to work, and also when you were assigned project work, you continued to be immersed in thoughts of that man, and while all phenomenon that passed by, all work you completed at hand, you, by being immersed in thoughts of your love and passion for the man, DID NOT CLING to ANYTHING that CAME BY YOUR WAY, you did not cling to WORK, you did not cling to taste of food, you did not CLING to ANYTHING, as your surrender to one and only one man and his thoughts of love and passion captivated you. You just KEPT A “” **BARE MINNIMUM ATTENTION**”” to SURROUNDINGS, other people, other feelings, other thoughts, phenomenon’s that passed by, keeping focused primarily only on thoughts of MAN you were in love.

.

Similarly, when your body part was hurt due to collision with an object, when your team members caused you stress during projects tasks, when you travelled, when you walked, when you ate food, without creating any craving or aversion towards all phenomenon that passed by, you always “”**TURNED YOUR MIND**”” back to THOUGHTS OF A MAN for whom you had passion and delight, thus, ‘**DETACHED’** from everything else, you just performed all tasks that came by, ‘**without clinging**’ to anything whatsoever, and thus you were living blissfully.

.

By NOT creating craving or aversion with respect to people or all phenomenon that passed by, by not creating craving, aversion, by not clinging and by no expectation with respect to team members, tasks, food etc, by NOT clinging to anything that came your way, ‘**by not clinging to expectation tied to any task**’, DETACHED from everything else, you completed all task that came by your way without forming any attachment to them, and thus, by being always eager to “TURNING YOUR MIND BACK”” TO THOUGHTS Of MAN YOU LOVED, you lived blissfully, surrounded by love and passion for man and immersed ONLY in his thoughts.

.

, THIS IS HOW you SHALL APPROACH ALL TASKS, PHENOMENON, WORLDLY MATTERS, PEOPLE, by being DETACHED, NOT CLINGING TO TASKS AT HAND, NOT CLINGING TO people, tasks, foods, phenomenon etc. Just keep BARE MINIMUM ATTENTION to everything else, and TURN YOUR MIND's FOCUS to SUPREME-SELF i.e., UNIVERSE OR GOD. The UNIVERSE is God and God is UNIVERSE and we shall only SURRENDER TO the SUPREME REALITY and there is only ONE SUPREME-SELF or REALITY and that is this UNIVERSE. UNIVERSE AND GOD are both same and there is no difference between universe and God.

.

Every ACTION is a KARMA, but every KARMA is not an ACTION. KARMA is the one that is CONDITIONED BY Craving, aversion, delusion, clinging, expectations and when one is TIED to result and expectations to result of karma, one creates NOTHING but a MISERY. And once a MISERY has arisen (taken BIRTH) it must go through cycle of AGEING, STRESS, DEATH or cessation. Thus, every arising of a phenomenon shall be seen as 'MISERY'. A PROJECT TASK that is performed detached, without clinging to expectations, without clinging to team members, always turning mind back to supreme-self, keeping only bare minimum attention to surroundings and phenomenon and people that pass by, one is able to complete such a task blissfully.

.

Now, if there was a team member or any person that caused distress or stress during the project work, one shall NOT create any aversion to that member, and by not clinging to any expectation, by being detached, the team member or people causing distress may be repeatedly informed of action that are required to be done till the outcome is achieved. For example, some team members may require repeated instructions on work, but such instructions shall not carry any aversion to them or clinging to expectation of result. At best you can have compassion for all such beings. The outcome of work is important but that shall not create any aversion or clinging whatsoever towards people, team members and all such tasks can be handled by being detached, keeping only the 'bare minimum attention' to people assigned to tasks, and you shall **STRIVE** to always bring focus back to supreme-self or reality, i.e., UNIVERSE or God.

.

For example, if a person has not performed his task rightfully, and EVERY TIME you SHALL REPEAT the instructions to this member about his task; as if you are going to him for the very first time and remind him of his duty towards task, and in doing so you ensure that you have not created any AVERSION to him or not created any EXPECTATION from him, DETACHED, you perform your duty of informing the member of their unfinished tasks, immediately then, you 'let go' of any expectation, and keep only 'bare minimum attention to people involved' , and when finished with days work, you let go of attention to worldly matters (form), let go of feeling and thoughts, let go of any perceptions or evaluations directed by mind, let go of

volitional act and ‘turn your mind back to supreme-self or universe or God’ , this is how you perform your tasks and live blissfully.

.

Remember, that every time out of IGNORANCE you create a CONSCIOUSNESS with aggregate of SELF or a SANKHARA that is conditioned, you have brought something to existence and when that something arises, then that something must go through ageing, stress, and death or cessation. The only way to not create aggregate of self or a SANKHARA with element of FEELING and VOLITIONAL ACT that is CONDITIONED either by craving or aversion or delusion or clinging is by being DETACHED and maintaining absolute equanimity, and being an objective observer.

.

That is why , just like in example above, your being immersed in love of a MAN made you detached from everything else, and you did everything by keeping only a BARE MINIMUM ATTENTION to worldly matters, you did not CLING to anything while performing tasks, work, or to phenomenon that passed by as you were so much immersed in thoughts of man you loved, and thus you were unaffected by craving or aversion with respect to world, people, phenomenon that passed by;

.

in the same way, , you shall attend to all worldly matters, detached, ‘keeping only bare minimum attention to surrounding’, ‘cling to nothing’, and you must always STRIVE to TURN your mind towards SUPREME-self or UNIVERSE.

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Bhagavad-Gita
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The wise mourn neither the living or the dead (2:11)
.
“Like two birds of golden plumage, inseparable companions, the individual self and the immortal Self are perched on the branches of the selfsame tree. The former tastes of the sweet and bitter fruits of the tree; the latter, tasting of neither, calmly observes.”
.
The four castes (Page 47)
Returning to the subject of caste, we can now realize in the light of Krishna’s 47 exposition that Shudras are those who are servants to materiality and ignorance, Vaishyas are those who have an intellectual understanding of the possibility of their betterment, Kshatriyas are those who, being close to apprehension of the Self, are able to intuit the truth of the Self while aware of their limitation, and Brahmins are those who see and know the Self. This is the sum of the entire matter
.

right now it must be made clear that swadharma means “self-dharma,” the action which is in perfect accordance with our present state of evolution, which may be spoken about in terms of caste. Yet, the higher meaning is the dharma of the Self, the action that will best lead to the knowledge of our eternal being.
.
Considering pleasure and pain, gain and loss, victory and defeat the same, then engage in battle. Thus you shall not incur evil (2:38)
.
Those of desire-filled natures, intent on heaven, offering rebirth as actions’ fruit, performing many and various rites, are aimed at the goal of enjoyment and power (2:43)
.
Those of desire-filled natures, intent on heaven, offering rebirth as actions’ fruit, performing many and various rites, are aimed at the goal of enjoyment and power (2:43)
.
Vaiseshika sutraatna (Philosophy)
.|
1-that there are three categories— substance (dravya), quality(guna), and developments {paryaya). Substances are the substrata of qualities; qualities are inherent in one substance, and developments have the characteristics that they inhere either in substances or in qualities. Substances are six— merit (dharma), demerit (adharma), space, time matter, and souls;
.
2- they make up the world. The characteristic of merit is motion that of demerit immobility ; that of space,
.
3- which contains all other substances, is that it makes room for everything; that of time is duration ;
.
4- that of soul realization of knowledge, faith, happiness and misery ; and the characteristic of Soul is knowledge, faith, conduct, austerities, energy, and realization (of its developments);
.

The truth of suffering is to be fully understood, the craving and defilements which originate it are to be abandoned, Nibb±na as deliverance from suffering is to be realized, and the Noble Eightfold Path that leads to deliverance is to be developed. The individual who has completed these four functions is the ideal figure of Therav±da Buddhism. This is the Arahat, the Liberated One, who has broken all bonds binding to the round of becoming and lives in the experienced freedom of Nibb±na.
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There are the “five aggregates” into which the Buddha analyzes the individual personality.

Buddhist cosmology recognizes three spheres of existence—the sense sphere, the fi ne-material sphere and the immaterial sphere. Human existence belongs to the sense sphere. Non-returners, after death, are reborn in the fine-material sphere and attain liberation there.
.
KAMMA is RE-BIRTH producing actions, thereby new life.
.
This equanimity is not indifferent aloofness but a balanced response to any situation — a response motivated and directed by wisdom and compas-
sion.

Only in the Arahat, the liberated one, will such detachment in face of adversity be genuine and unshakable. Only he can truly say of himself that he has risen above the vicissitudes of existence; that his “mind is unshaken by the eight worldly events” (Mah±-Maªgala Sutta): gain and loss, repute and disrepute, praise and blame, joy and woe. Being free from all three cravings, he is free of “both sides”: the longing for life and the longing for death, the fear of life and the fear of death. He who has conquered craving has conquered all the worlds, the “here and the beyond.”

sbdadmom

the Arahat’s equanimity is marked by perfect and unshakable equipoise in the midst of the vicissitudes of life and in the face of all the problems and conflicts that may come within the range of his experience. This equanimity is not indifferent aloofness but a balanced response to any situation— a response motivated and directed by wisdom and compassion.
.

that his “mind is unshaken by the eight worldly events” gain and loss, repute and disrepute, praise and blame, joy and woe. Being free from all three cravings, he is free of “both sides”: the longing for life and the longing for death, the fear of life and the fear of death. He who has conquered craving has conquered all the worlds, the “here and the beyond.”
.
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Vaiseshika sutraatna (Philosophy)
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That, there are three categories— substance (dravya), quality(guna), and developments {paryaya). Substances are the substrata of qualities; qualities are inherent in one substance, and developments have the characteristics that they inhere either in substances or in qualities.
.
Substances are six— merit (dharma), demerit (adharma), space, time matter, and souls; they make up the world. The characteristic of merit is motion that of demerit

immobility ; that of space, which contains all other substances, is that it makes room for everything; that of time is duration ; that of soul realization of knowledge, faith, happiness and misery ; and the characteristic of Soul is knowledge, faith, conduct, austerities, energy, and realization (of its developments);

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SENSATIONS/ REACTING TO THEM / Observing Sensation's at exact arising

==========Teachings of VIPASSANA

Buddha discovered that when one OBJECTIVELY OBSERVES SENSATIONS during their EXACT ARISING, sensations become weak and mellow down, and thus do not create misery.

OBJECTIVE OBSERVATION and EQUANIMITY are the TWO TOOLS that are used throughout the practice of DHAMMA principals.

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IN PRACTICE, a SADHAK shall TRAIN THEM to OBJECTIVELY OBSERVE EVERY SENSATION born out of ANY TYPE OF CONTACT with EQUANIMITY.

.

THE SENSATIONS are born out OF CONTACT; Contact of eye to visual objects, Contact of ear canals with audio objects, CONTACT OF body to touch, Contact of tongue to FOOD.

For every such CONTACT one may either creates Craving or Aversion to RESULTING SENSATIONS, or one may remain NEUTRAL to SENSATION born out of such CONTACT.

.

Also, it is understood by experience that when ONE REACTS to SENSATIONS born out of CONTACT, either with craving or aversion, then one has started to create misery.

.

WE ARE SUPPOSED TO OBSERVE SENSATIONS that are RESULT OF CONTACT with absolute equanimity.

Thus, when reacting to itching, as we scratch the surface of skin, the SENSATION born out OF SCRATCHING has to observed with equanimity.

Here, we must observe EVERY SENSATION born out "for the DURATION of scratching" or in other words, every action of scratching results in sensation and that sensation must be observed with equanimity.

THEREFORE; EVERY SENSATIONS born out of EVERY ACTION OF SCRATCHING must be observe objectively and with equanimity.

.

Similarly; when ANGER ARISES, due to CONTACT OF FORM with ANOTHER FORM, one must be ALERT enough TO OBSERVE SENSATION OF ANGER as and when it arises 'within' our body.

Every INSTANCE of ARISING of SENSATION of ANGER must be observe during their exact arising to make them weak.

.

IN PRACTICE, a SADHAK shall TRAIN THEM to OBJECTIVELY OBSERVE EVERY SENSATION born out of ANY TYPE OF CONTACT with EQUANIMITY.

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HOW TO LIVE IN PRESENT MOMENT? **

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To the HIGH MONK, The DISCIPLE asked thus; -

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You have stressed upon living in "PRESENT MOMENT", please explain us in simple form, HOW TO LIVE IN PRESENT MOMENT?

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Then the High Monk explained thus:

From the Books:, every day, at all times of the day, conscious awareness opens us up to the impact of the world of objects, the punitive results of our past cravings and delusions which pierce our protective skins with their sharp shafts. If the nutriment consciousness is comprehended, mind-andmatter is thereby comprehended. And if mind-and matter is comprehended, there is, I say, no further work left for the noble disciple to do.”

"Any consciousness whatsoever that is past, future, or present; internal or external; blatant or subtle; common or sublime; far or near: every consciousness is to be seen as it actually is with right discernment as: 'This is not mine. This is not my-self. This is not what I am.'

Consciousness cognizes every phenomenon or experience or interaction as form, feeling, perceptions, fabrications grouped into SELF or several AGGREGATE of SELF. THUS, it can be said that Consciousness is nothing but SELF or AGGREGATE of SELF that brings back to surface, feeling, perception and volitional act for form that is past or future, whenever a SANKHARA arises due to Consciousness that awakens on interacting with phenomenon that was result of past and future interactions.

"Any consciousness whatsoever that is past, future, or present; internal or external; blatant or subtle; common or sublime; far or near: every consciousness is to be seen as it actually is with right discernment as: 'This is not mine. This is not my-self. This is not what I am.'

Monks, “Whatever I am now is the result of my past kamma. Thus, thinking wise like this meditator free himself from distraction of past and future memories.”.

MENTAL CONTENTS, that are PAST AND FUTURE is NOT LIVING IN PRESENT MOMENT.

SENSATION that are PAST AND FUTURE is NOT LIVING IN PRESENT MOMENT.

When feeling desirable or undesirable as a result of PAST KAMMA (action) is NOT LIVING IN PRESENT MOMENT.

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From the Books: Here the meditator shall consider wisely that all PAST MEMORIES and past happenings are things compounded, insubstantial things, having no-self. This way he is able to rid his mind off its unwholesome state of running after past memories. Thus, by not reacting towards past memories one looks away from thoughts, feelings, and perceptions and continues to do his work (meditation in this case) and thus allays the distraction to large extent. Meditator, then takes help of IN-OUT breathing giving attention to acquired sign to remain in present.

Same principal applies to FUTURE MEMORIEs but the difference is that FEELING AND REFLECTION is taken into account, FEELINGs refer to fascination with some anticipated event and REFLECTION refers to THOUGHT about the event. The MEDITATOR shall consider wisely that BOTH FEELING AND REFLECTION are mere SHADOWS and are DELUSION just like past memories they are unsubstantial, unsatisfactory and impermanent with no-self. Thus, by not reacting towards future memories one looks away from thoughts, feelings, and perceptions and continues to do his work (meditation in this case) and thus allays the distraction to large extent. Meditator, then takes help of IN-OUT breathing giving attention to acquired sign to remain in present.
Thus, thinking wise like this meditator free himself from distraction of past and future memories

MENTAL CONTENTS and SENSATIONS are cognized or accumulated or acquired on account of 6 sense media CONTACT with PHENOMENON or WORLDLY OBJECTS of INTERACTION that once encounters in day-to-day life over which one has no control.

Thus, when one REACTS OR RESPONDS to any of PAST MENTAL CONTENTS and PAST SENSATIONS acquired on account of CONTACT with SIX SENSE MEDIA in past, then one is NOT LIVING IN PRESENT MOMENT.

LIVING IN PRESENT MOMENT is when one is UNDERGOING REAL TIME CONTACT through 6 sense media with PHENOMENON or WORDLY OBJECTS that are in a state of flux.

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While MENTAL CONTENTS and PAST INCIDENT arise in form of visual mental images to make us RE-LIVE past memories that may make us undergo suffering that we experienced in past, as we tend

to react to them without considering that these are past images. Similarly Gross SENSATIONS that are result of past or present reaction to sensations or affliction that arose on body part and are now alive in PRESENT MOMENT.

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The MAIN DIFFERENCE between past <u>"mental images"</u> and "<u>Gross sensations</u>" is that mental images may make us RE-LIVE the PAST TRAUMA again so as to cause or intensify PAST MISERIES in case we end up reacting to them, while in case of "Gross sensations", the misery that were accumulated in past or present due to body part afflicted with hurt or any other reaction to body part that caused the suffering, is already visible and gross sensation is being experienced as body part is afflicted in real time or in "present moment".

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In case of MENTAL CONTENTS, we see them as IMAGES that are NOT REAL and hence 'an illusion', not worth responding to and any reaction to them is abandoned with wisdom "Oh An Illusion", whereas for GROSS SENSATIONS afflicted body parts, since they are alive and are very much part of "PRESENT MOMENT", we observe them objectively, detached and with absolute equanimity without creating any passion or aversion to them, observing "<u>exact contact surface"</u> of body parts where the sensation is making contact with skin surface, observing every contact, piece by piece, inch by inch, a second here and a second there, observing every "CONTACT" of sensation with skin surface where sensation touches skin surface.

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If, one who spends their time living in MIND, forming images or responding to images or mental contents in mind while walking, sitting or any other posture, the "one who CHERISHES to ROLL IN THOUGHTS", forming mental contents inside mental contents, forming known and ad hoc images inside of mind and reacting to them as if they were true; then Monks, this is NOT LIVING IN PRESENT MOMENT!

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Monks, although the mental contents are dreamlike, an illusion, impermanent, unsatisfactory and are no-self, but they have ability to CREATE CONSCIOUSNESS OR branch of SELF, that may further one's misery due to craving or aversion that is shown to mental contents while one is rolling in thoughts.

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Any REACTION or PERCEPTION that is shown to PHENOMENON that pass by, is the cause of creation of new branch of SELF which is CONDITIONED, conditioned by craving or aversion or mix of both.

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**And what are PHENOMENON? **

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PEOPLE that pass by are a phenomenon, trees that pass by are phenomenon, buildings , houses that one sees are phenomenon, animals that one sees are a phenomenon, and so on....

One sees Phenomenon always pass by in continuous state of flux and any reaction or perception (evaluation by mind) shown to them is the cause of creation of new branch of SELF and thus a new leaf of CONSCIOUSNESS.

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But, if one abandon the mental thoughts, knows the difference between engaging in WHOLESOME THOUGHTS and UNWHOLESOME THOUGHTS, rejects unwholesome mental contents while walking, sitting or in any other posture, strives to reject rolling in unwholesome thoughts, rejects responding to mental images;

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**Thus, LIVING IN PRESENT MOMENT is, **When, one sees PHENOMENON that pass by as they are, through objective observation detached, one sees people that walk by, when one is aware of touch of air, when one sees buildings, cars, trees that pass by, when engaged in a task or conversations, he only sees task and conversations, when MENTAL FORMATIONS or MENTAL OBJECTS are visible, they are immediately abandoned with the knowledge that they are an illusion created by mind, **then "ONE IS LIVING IN PRESENT MOMENT".

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Only WHOLESOME thoughts are entertained by the person that are required to plan or apply mind and knowledge where they are indeed needed. **

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One shall always STRIVE to LIVE IN PRESENT MOMENT at all times, as engaging in mental contents is the main cause of furthering of misery. Thus when one, as soon as sees MENTAL CONTENT as a PHENOMENON as it appears in form of IMAGES or THOUGHTS, one shall immediately ABANDON THEM, knowing well the DANGER of DWELLING IN THEM may cause NEW BRANCH OF SELF and subsequent CONSCIOUSNESS that may further create more misery.

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Thus, as soon as any mental image or mental formation is VISIBLE, one must take a pause, and ask a question to self, DO I WANT TO INDULGE in MENTAL IMAGE or mental formation which is nothing but an illusion created by my mind?

With this knowledge, one shall immediately abandon the mental formation as soon as they are visible or otherwise there is a danger of dwelling in them, which is nothing but a waste of time and also reason for INTENSIFYING the MISERY “w.r.to” that mental object.

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Just like a skinned cow with open wounds is infested or surrounded constantly with pests and insects, Man is helplessly exposed to the constant excitation and irritation of the sense-impressions crowding upon him from all sides through the six sense media—eye, ear, nose, tongue, body and more specifically the mind which is rolling in thoughts constantly. Sense-impression, as the constant feeder of these feelings, thus becomes the cause of this constant sufferings.

This habitual craving pattern can be broken, only if we cease to identify ourselves with the stream of impressions that are nothing but mental images, and if we learn to dispense with automatic active responses and to stand back as an objective observer, detached, then the feeling that is nourished by sense impressions will cease to turn into craving or aversion, and at this point the dependent origination of suffering will be severed.

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What happens is that EVENTs are displayed in form of IMAGES or MENTAL CONTENTS, constantly, and this is the "WAY OF MARA" to keep you occupied with misery all times. MARA wants you to be occupied between OPPOSITES, good or bad, right or wrong, this or that and so on.

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The one WHO UNDERSTADS and REALISES that mental images or mental visuals are nothing but an illusion, one feels DISGUSTED by their reaction to them. How can I react to something that is an ILLUSION or just a mental image?

The mental images that you see, surface again and again only to keep you occupied with misery, anxiety, fear, anger etc. Do you want to be TRAPPED in PLAY OF MARA?

Is it not silly to REACT TO WHAT DOES NOT EXIST and is just a mental image?

Is it a WISDOM to react to what does not exist and surfaces up in form of mental images, and you react to them as if they are real and INTENSIFY your misery!

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Thus, next time, as soon as any mental image or mental formation is VISIBLE, one must take a pause, and ask a question to self, DO I WANT TO INDULGE in or react to MENTAL IMAGE or mental formation which is nothing but an illusion created by my mind?

With this knowledge, one shall immediately abandon reacting towards mental formation as soon as they are visible or otherwise there is a danger of dwelling in them, which is nothing but a waste of time and also reason for INTENSIFYING the MISERY “w.r.to” that mental object.

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HOW TO RESOLVE ANY TYPE OF MENTAL DEFILEMEMNTS?
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TOOLS of SPIRITUAL SCIENCE aka DHAMMA VIPASSANA
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If one wants to make use of INTERNET What tools are needed? Computer or a smart phone.
Similarly, if one wants to make use of SPIRITUAL SCIENCE you need TOOLS:
In VIPASSANA method of spiritual science as TAUGHT by the MASTER (BUDDHA), we use following tools:

1. Mindfulness meditation using inner vision or mind's eye which is focused on observing each Incoming Air and Outgoing Air exactly at nose doors (outside of nose doors, minds vision seeing the INCOMING air that may touch outside of nose doors)
2. EQANIMITY
3. OBJECTIVE OBSERVATION

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EQANIMITY and OBJECTIVE OBSERVATION:

what is objective observation and equanimity?

An **"objective observer" simply observes**, **DETACHED**, all things as they are, **without giving any opinion**, **does not give any emotional reactions**, maintaining **absolute equanimity by not creating any craving or aversion** OR **REACTION that is conditioned by either craving or aversion**, towards object of interaction or meditation (breathe, phenomenon [all worldly interactions], sensations, thoughts, any type of mental contents, mental hindrances). An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING. An Objective observer applies DETACHED AWARENESS.

An **"objective observer"** does not identify themselves with 6-sense media created stream of impressions or phenomenon that are in a state of flux, and knows that all phenomenon or worldly interactions are impermanent, unsatisfactory [have element of suffering in them] and void with no-substance [no-self] whatsoever. An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING. An Objective observer applies DETACHED AWARENESS.

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<u>EQUANIMITY:</u> It is understood that when one **REACTS**, he generates sankhara or mental defilements, but when one **RESPONDS with AWARENESS**, that every interaction with outside objects, phenomenon, must not give rise to craving or aversion, then one has understood **EQUANIMITY**. Thus, one shall **RESPOND WITH AWARENESS** and **AVOID REACTING with craving or aversion** to any phenomenon or interaction with outside objects or persons, sensations, mental hindrances, and when doing so he makes sure not to give rise to craving or aversion of any kind, this is EQUANIMITY as understood by sadhak.

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+++++ **The truth of suffering,**

is to be fully understood, the craving and defilements which originate it are to be abandoned or let go, Nibbana as deliverance/final goal from suffering is to be realized, and the Noble Eightfold Path that leads to deliverance is to be developed. The individual, who has completed these four functions is the ideal figure of Theravada Buddhism. This is the “Arahat”, the Liberated One, who has broken all bonds of binding to the round of becoming and lives in the experienced freedom of Nibbana and bliss.

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HOW TO REACT TO UNWHOLESOME MENTAL CONTENTS and Gross SENSATIONS?

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An UNRESOLVED interaction causes INCIDENTS TO SURFACE up in form of MENTAL CONTENTS, and we end up living same incident as if it’s happening again, keeping us occupied with anxiety, fear or uneasiness.

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Similarly, UNRESOLVED Physical issue, may surface up in form of sensation of PAIN or other sensations till the issue is resolved.

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Here a SADHAK shall be reminded that ALL SENSE IMPRESSIONS or phenomenon or worldly interactions, that surface in any form- MENTAL IMAGES, THOUGHTS or in form of gross sensation on body surface afflicted, are impermanent, have element of suffering and are MERE SHADOWS, ILLUSION, VOID or EMPTY in ESSENCE, **and with this understanding that ILLUSION is established, one sees them [illusionary images] fading away**

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Mental IMAGE that surfaces up at this time in your mind is nothing but ILLUSION, and do you want to respond to illusion and re-live the trauma as if happening in real? **and with this understanding that ILLUSION is established, one sees them [illusionary images] fading away.**

EVEN a SLIGHTEST or SUBTLE thought must be abandoned as soon as they arise with the wisdom that these are illusions and so not worth reacting to or responding to.

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The SADHAK Shall CONTEMPLATE such:

The thought or Mental IMAGE that has come up just now, is it not a mere shadow? Is it not a dream like? Does it have substance aka body? Is not the mental content that formed just now empty in essence and illusion?

Also, although the mental content is unreal or an illusion but when one re-lives that incident or mental image though mind, the suffering it causes to mind and body is real and with each such occurrence of mental image or incident in mind and subsequent reaction to them causes INTENSITY OF SUFFERING TO

MUPLTIPLY **and with this understanding that ILLUSION is established, one sees them [illusionary images] fading away**

Hence, the mental content that arise due to interaction of Six Sense media (eye, ears, nose, tongue, body, mind), are all unreal and void, empty, mere shadows, dreamlike, an illusion and lack any substance, and with this knowledge, all UNWHOLESOME mental contents must be abandoned as soon as they arise. They are not worth responding to and shall not be given even slightest attention.

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The mental image or UNWHOLESOME thought that surfaces up at this time of hour, is mere an illusion and with this knowledge one must let go of responding or reacting to that mental image as soon as they arise.

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All Gross sensations are observed at their root, where sensations make CONTACT with skin surface at their exact arising while sensations are alive and kicking, and such objective observation of gross sensations shall be done whenever they arise and are alive from few seconds to few minutes, scanning the skin surface affected by gross sensation, scanning through inner vision part by part, inch by inch, moving every second from one area of skin to another afflicted with sensation, scanning with mind's eye from few seconds to few minutes. In the case of gross sensations, we use sensation as path to reach exact arising location of skin or body surface and observe sensations at their exact arising location, or we may also observe vibrations that are beneath the sensations occurring at skin surface afflicted by sensations.

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While MENTAL CONTENTS and PAST INCIDENT arise in form of visual mental images to make us RE-LIVE past memories that may make us undergo suffering that we experienced in past, as we tend

to react to them without considering that these are past images. Similarly Gross SENSATIONS that are result of past or present reaction to sensations or affliction that arose on body part and are now alive in PRESENT MOMENT.

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The MAIN DIFFERENCE between past <u>"mental images"</u> and "<u>Gross sensations</u>" is that mental images may make us RE-LIVE the PAST TRAUMA again so as to cause or intensify PAST MISERIES in case we end up reacting to them, while in case of "Gross sensations", the misery that were accumulated in past or present due to body part afflicted with hurt or any other reaction to body part that caused the suffering, is already visible and gross sensation is being experienced as body part is afflicted in real time or in "present moment".

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In case of MENTAL CONTENTS, we see them as IMAGES that are NOT REAL and hence 'an illusion', not worth responding to and any reaction to them is abandoned with wisdom "Oh An Illusion", whereas for GROSS SENSATIONS afflicted body parts, since they are alive and are very much part of "PRESENT MOMENT", we observe them objectively, detached and with absolute equanimity without creating any passion or aversion to them, observing "<u>exact contact surface"</u> of body parts where the sensation is making contact with skin surface, observing every contact, piece by piece, inch by inch, a second here and a second there, observing every "CONTACT" of sensation with skin surface where sensation touches skin surface.

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When one looks at mental contents and sensations as OBJECTIVE OBSERVER, one realizes the futility of reacting to what is void, without any substance, mere shadow, an illusion, and is thus relieved from their assault.

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PS:

3-Ways to REACT in spiritual science method as learnt from VIPASSANA:
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1. React to Gross SENSATION of itching with volitional act of SCRATCHING, but while doing so one must observe sensations that arise thereof due to action of scratching, keeping focus on surface of skin being scratched and objectively observing every sensation that arises due to scratching.
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2. Observing sensation at their root, where sensations are making CONTACT with skin surface. Here, we either observe sensations at CONTACT or exact arising location at skin surface where sensations are making CONTACT with skin surface, or look for vibrations that are on surface of skin afflicted with gross sensations.
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3. Observing all type of mental contents and gross sensations - images or scenes that surface up in mind, observing them with understanding, that these are nothing but mere shadows, an illusion, void, empty with no substance whatsoever and hence the WISDOM says there is no point responding or reacting to what is just an illusion created by mind at this time, **and with this understanding that ILLUSION is established, one sees them [illusionary images] fading away**.

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HOW CAN WE ESTABLISH MENTAL CONTENTS, MENTAL IMAGES or 6 sense media impressions as mere an ILLUSION?
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IN MASTERS OWN WORDS; He regards whatever phenomena there that are connected with form, feeling, perception, fabrications, & consciousness, as inconstant, stressful, a disease, a cancer, an arrow, painful, an affliction, alien, a disintegration, an emptiness, not-self. He turns his mind away from those phenomena, and having done so, inclines his mind to the property of deathlessness: 'This is peace, this is exquisite — the resolution of all fabrications; the relinquishment of all acquisitions; the ending of craving; dispassion; cessation; Unbinding.'

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. Other Notes:

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A NAME-FORM or a BEING is CONSTANTLY afflicted with Mental contents and Gross sensations; with mental contents in form of images of past incidents that arise and make him re-live the past experiences again, although in mind, similarly, gross sensations of feeling sweat, feeling warm, cut, itch, thirst, hunger, pain. etc.

An “objective observer” does not identify themselves with 6-sense media [eye, ear, nose, tongue, body and more specifically the mind] created stream of impressions or phenomenon that are in a state of flux, and knows that all phenomenon or worldly interactions are impermanent, unsatisfactory [have element of suffering in them] and void with no-substance [no-self] whatsoever. An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING. An Objective observer applies DETACHED AWARENESS.

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Let’s try to understand this with examples below:

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Monks, through 6 sense media we are constantly exposed to STREAM OF IMPRESSIONS formed by interaction of 6 senses [eye, ear, nose, tongue, body and more specifically the mind] with WORLDLY OBJECTS. All these sense impressions or interactions are COGNIZED as CONSCIOUSNESS and are stored in BRAIN. Your MIND is a subtle energy that is collection or aggregate of accumulated consciousness from birth till date.

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Now, MIND keeps bringing these cognized interactions (Accumulated consciousness) in the form of mental contents every now and then and you are forced to re-live those experiences again and again in dream form or thoughts as and when they arise in form of mental contents.

Similarly, GROSS SENSATIONS arise on PHYSICAL BODY, the body that is INFLICTED with some kind of damage, bite, itch, hurt, feeling of cold and warm etc.

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As one would have noticed, the **“MENTAL CONTENTS”** may be previously cognized experiences accumulated in form of consciousness stored in brain and they arise and pass away as mental thoughts or mental contents in a

state of flux as per law of nature, but **“Gross Sensations”** can be result of body that is being subject to feeling effects of outside environment, or body is that inflicted with some kind of damage [cut, itch, bite, hunger, thirst, sweat, feeling cold etc.]

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In world of mind and matter, whatever occurs in MIND MAY HAVE SENSATIONS on body if one was not an objective observer. A MIND is connected to Body via SENSATIONS. SENSATIONS overlap field of MIND and MATTER (body).

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So now, if there was MENTAL CONTENT that arises in mind, and if one was not an objective observer, and one starts to re-live those past experiences as if they are occurring again, then mental contents effect may be felt on body in form of SENSATIONS.

Similarly in case of GROSS SENSATIONS affected by damage on body due to cut, itch, bite, feeling of warm, cold, hunger, thirst etc., then that GROSS SENSATION will create corresponding MENTAL CONTENT to inform the MIND of the presence of gross sensation.

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THUS, MENTAL CONTENTS are always born due to either stored consciousness in brain or due to body afflicted with gross sensations. The same is not true for GROSS SENSATIONS. One can have body without gross sensations but one can never be mental contents without sensations even if they are subtle. However subtle sensations do exist for each of mental content.

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Now Monks;

Thus, we can say that MENTAL CONTENTS OCCUR due to STORED CONSCIOUSNESS in brain or Gross sensations or subtle sensations on Body.

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Monks, when mental content arise in the form of MENTAL IMAGES, PAST INCIDENTS or as a RECEIVER OF Gross or subtle sensations, <u>DO THEY POSSESS PHYSICAL PRESENCE</u> which you can show them to others? **NO**, **that means the mental contents are VOID and EMPTY with no substance or physical presence to show whatsoever.**

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Similarly, Monks, When Mental contents arise in the form of MENTAL IMAGES, PAST INCIDENTS or as a RECEIVER OF Gross or subtle Sensation, <u>CAN OTHERS SEE THOSE MENTAL IMAGES?</u> **NO**, **that means, what cannot be seen by others is mere an ILLUSION, a dreamlike, a mere shadow.**

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Monks, When Mental contents arise in the form of MENTAL IMAGES, PAST INCIDENTS or as a RECEIVER OF Gross Sensation, <u>ARE THEY IMPERMANENT, INCONSTANT AND SUBJECT TO CHANGE?</u>

YES, **Monks, what is subject to change and is IMPERMANENT, cannot be declared as I, ME or MINE. With this knowledge one understands that MENTAL CONTENT are separate entities and not mine.**

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Monks, When Mental contents arise in the form of MENTAL IMAGES, PAST INCIDENTS or as a RECEIVER OF Gross or subtle sensations, DO THEY HAVE ELEMENT OF SUFFERING IN THEM? **YES**, **Monks, what causes SUFFERING and has just appeared cannot be I, ME or MINE. With this knowledge one understands that MENTAL CONTENT are separate entities and cannot be identified as I, ME or MINE and belonging to us.**

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Monks, Thus, MENTAL CONTENT that is identified ABOVE as, "VOID and EMPTY with no substance whatsoever", "ILLUSION ","IMPERMANENT", "SUFFERING', "separate entities, not me or not mine "; such mental content shall be LET GO or ABANDONED as soon as they arise and are visible to mind. Thus, letting go and fading away of mental contents shall be practiced with knowledge and awareness that **“oh; an ILLUSION has arisen once again". Even a most subtle thoughts, as soon as they arise and are visible, shall be let go with the knowledge ‘an Illusion” so not worth responding to them and one sees them [illusionary images] fading away.**

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The knowledge that MENTAL CONTENTS that arise either due to PAST CONSCIOUSNESS or DUE TO GROSS or SUBTLE SENSATIONS, are nothing but ILLUSION created by mind, and as soon as they [mental contents or mental images] appear even in subtle form, one shall ABANDONE them as soon as they are visible with wisdom that these are UNWHOLESOME MENTAL CONTENTS NOT WORTH GIVING ANY ATTENTION TO, and therefore must be ignored or abandoned with AWAREMNESS **"oh; an ILLUSION has arisen once again and one sees them [illusionary images] fading away”**.

MONKS, can we then ESTABLISH THAT ALL MENTAL CONTENTS are RESULT of STREAM OF IMPRESSION collected through six sense media or through Gross and subtle SENSATIONS, and they are nothing but an illusion, void and empty with NO SUBSTANCE whatsoever, are mere shadows, dreamlike, impermanent with element of suffering in them, and they shall be abandoned immediately as soon as they arise with the awareness **""oh; an ILLUSION has arisen once again and one sees them [illusionary images] fading away ".**

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Let’s summarize the evaluation of sense media impressions as ILLUSION:

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A Name-Form (Being) sees mental content image or incident that arises suddenly in mind. Similarly, A Name-Form (Being) may see GROSS SENSATIONS that arise on body parts.
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Name-Form (Being), on seeing MENTAL CONTENT IMAGE of any type or past incidents or past interactions, shall take a pause and make an effort to OBJECTIVELY observe with mind's eye or inner vision that arisen mental content image for a second,
.
Name-Form (Being), after one second of such OBJECTIVE observation shall categorize the mental content image as "an ILLUSION", and with this knowledge 'Oh an Illusion", he shall abandon or let go of any ATTENTION or RESPONSE to it as no one with good wisdom shall attend or respond to what is an ILLUSION **and one sees them [illusionary images] fading away**.
.
All Gross sensations are observed at their root, where sensations make CONTACT with skin surface at their exact arising while sensations are alive and kicking, and such objective observation of gross sensations shall be done whenever they arise and are alive from few seconds to few minutes, scanning the skin surface affected by gross sensation, scanning through inner vision part by part, inch by inch, moving every second from one area of skin to another afflicted with sensation, scanning with mind's eye from few seconds to few minutes. In the case of gross sensations, we use sensation as path to reach exact arising location of skin or body surface and observe sensations at their exact arising location, or we may also observe vibrations that are beneath the sensations occurring at skin surface afflicted by sensations.
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HOW TO RESOLVE MIGRAINE, MENTAL DEFILEMENTS [ANXIETY, FEAR, Anger, DEPRESSION etc.], GROSS SENSATIONS? HOW TO RELEASE A SANKHARA?
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#VIPASSANA #BUDDHA #SPIRITUALSCIENCE
**** You may watch YouTube videos on VIPASSANA MEDITATION by "SN Goenka Ji "and ANAPANA meditation, to make you familiar with how to scan through body for observing sensations and how to mediate on incoming and outgoing air to rein in or calm the mind which is running like a wild horse. [on YouTube you may search for this**

text: One hour group setting Vipassana (meditation) in hindi / English By Goenka ji]

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We as BEINGS are nothing BUT COLLECTION of SELF DATA [**Form** (interacting with any worldly objects), **Feeling** (through 6 sense media), **Perception** (Evaluation of interaction of FORM and FEELINGS to craving or aversion or neutral), **Reactions** (formations, volitional acts, fabrications)]., and aggregate of SELF is **CONSCIOUSNESS**.
Aggregate of ALL TYPES OF CONSCIOUSNESS thus collected is MIND which lurks as SUBTLE ENERGY.
Thus, through our daily interaction of 6 sense media with worldly objects we are accumulating SEVERAL TYPES OF CONSCIOUSNESS from birth till date.
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/* ONCE any type of CONSCIOUSNESS is created, it will continue to MANIFEST, and from time to time it will ARISE, PERSIST for a WHILE and CEASE, that is the law of nature. So, now if CONSCIOUSNESS 'MIGRAINE' has taken birth due to some requisite conditions, then this CONSCIOUSNESS will continue to come to surface from time to time, it will follow the path of arising, persist for a while and cease, till it has been resolved */
.
The BEING accumulated various forms of CONSCIOUSNESSES from birth till date, and accumulated past CONSCIOUSNESS or SELF manifests and arises from time to time, and our body is used as PROJECTOR SCREEN to DISPLAY or make us FEEL the already COGNIZED SELF or CONSCIOUSNESS, and that is why we are made to feel misery repeatedly, keeping us miserable and anxious all the time. Already cognized PAST MENTAL CONTENTS come back as visuals in form of images and incidents and if we are IGNORANT and REACT to these past mental images as if they are happening in real time, then we only make these past memories more INTENSE. The WISDOM that these images are not real and hence not worth responding to and with this knowledge they shall be abandoned as soon as these arise. Similarly, GROSS SENSATIONS are observed differently as these are happening in REAL TIME and in PRESENT MOMENT.
.
And how do we create CONSCIOUSNESS that comes back to haunt us, makes us miserable? Whenever we have interacted in past or present, with worldly objects or phenomenon, conditioned by CRAVING OR AVERSION, we end up creating CONSCIOUSNESS that is afflicted, and all such affliction arise and manifest from time to time till they are resolved.
Do you ever remember your interaction with WAITER or SERVER at restaurant's? No, because your interaction with them is NEUTRAL, not conditioned by craving or aversion, they serve food, you pay bill, you are done, everything is forgotten. But if same interaction was conditioned by

aversion or craving towards the WAITER or SERVER due to any reason, then you will continue to remember the server till the CONSCIOUSNESS becomes weak and fades away**.**

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/* Whether MENTAL CONTENT IMAGES or whether GROSS SENSATION on Body, they are first COGNIZED as SELF and subsequent CONSCIOUSNESS, and as per law of nature any CONSCIOUSNESS that is created, shall ARISE, PERSIST for a while and CEASE from time to time, and one must learn how to deal with them using spiritual science method as TAUGHT BY GREATEST SPIRITUAL SCIENCE TEACHER "BUDDHA".
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NOW; **EQUANIMITY and OBJECTIVE OBSERVATION** are the TWO TOOLS we use across teachings of DHAMMA.

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OBJECTIVE OBSERVATION: When a DOCTOR observes his patient, does he say, he is my brother, or my relative, or my friend or an acquaintance and so I shall treat him in specific manner? NO. a DOCTOR SIMPLY OBSERVES all his patients DETACHED, WITHOUT IDENTIFYING HIMSELF with his PATIENTS. He performs surgery or injects DETACHED. Monks, this is how one shall observe their defilements whether mental or gross, without identifying yourself with the defilements.
The HABIT PATTERN must change from WALLOWING in SENSATIONS and DEFILEMENTS to SIMPLY OBSERVING them DETACHED.

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EQUANIMITY: Here one knows NOT TO CREATE any PASSION or AVERSION to any phenomenon one comes across in day-to-day life. Here, one does not show or create any desire or aversion to defilements whether mental or gross. He simply observes them detached maintaining ABSOLUTE EQUANIMITY, observing gross sensations moving piece by piece, inch by inch, one second here, next second there WITHIN INFLICTED BODY PART AREA.

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What is SELF [5 KHANDA]? SELF [**Form** (interacting with any worldly objects), **Feeling** (through 6 sense media), **Perception** (Evaluation of interaction of FORM and FEELINGS to craving or aversion or neutral), **Reactions** (formations, volitional acts, fabrications), **CONSCIOUSNESS**].

We have ACCUMULATED SEVERAL CONSCIOUSNESS DATA from birth till date, and **each CONSCIOUSNESS is nothing but aggregate of SELF DATA at micro level**.

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Thus, Let’s say that, when one was collecting CONSCIOUSNESS about MATHEMATICS;
Learning of Table 2 = CONSCIOUSNESS or awareness created for table-2
Learning of Table 4 = CONSCIOUSNESS or awareness created for table-4
Learning of ALGEBRA = CONSCIOUSNESS or awareness created for ALGEBRA
Learning of GEOMETRY = CONSCIOUSNESS or awareness created for GEOMETRY
.. and so, on
.. and so, on
Thus, AGGREAGTE OF all above CONSCIOUSNESS= **CONSCIOUSNESS of MATHEMATICS was thus created.**
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This is HOW SPECIFIC CONSCIOUSNESS was created.
Similarly, we have created CONSCIOUSNESS of RELATIVES, FRIENDS, OTHER SUBJECTS, PLAY ACTIVITIES, WORK, and so on.
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Now let’s come back to our original topic, how was CONSCIOUSNESS MIGRAINE created?
In previous example, the requisite conditions for CONSCIOUSNESS MATHEMATICS were to go through LEARNINGS of several stages of mathematics starting right from learning of table-2.
Similarly requisite conditions for CONSCIOUSNESS “RELATIVES” were to go through learning about brothers, sisters, cousins, mother, father etc.
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. and so on.
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Similarly, there exists REQUISITE CONDITION for CONSCIOUSNESS= **MIGRAINE.**
Now, since requisite conditions that created SELF DATA and SUBSEQUENT CONSCIOUSNESS for MIGRAINE is not known, **HOW DO WE RESOLVE MIGRAINE or release oneself from** CONSCIOUSNESS= **MIGRAINE?**
+++++
Let’s come back to what MASTERS TEACHINGS here: The **Buddha**, discovered a technique by which “” **as soon as an impurity [sensations] arises, you observe it, and you are out of it “”.** Nothing can arise in the mind without a sensation in the body. This is the law of nature. So, whenever anxiety, passion or fear or depression arises there must be a sensation on the body. Every sensation, pleasant or unpleasant, gross or subtle, has the same characteristic, arising, passing away. So, this particular defilement that has arisen is also impermanent. This is not eternal. Let me see how long it lasts. It can't overpower you because you are observing it objectively. It becomes weaker and weaker and passes

away as one continues to observe it objectively, detached and with absolute equanimity and does not create aversion to sensations being felt at present.
.
SENSATIONS OVERLAP field of MIND and MATTER, so when one objectively observes sensations along with absolute equanimity one is eradicating defilement of mind and matter both by such observation.
.
Thus, in summary, when all elements of “” aggregate of SELF”” are devoid of craving, aversion or delusion then six sense media [eye, ear, nose, tongue, mind, body] have calmed down, and one dwells with unrestricted awareness. **Without craving and aversion towards form, feeling, perception, fabrication, the cognised consciousness is free from impurity and such a consciousness is a bliss.** But knowing well that consciousness and aggregate of self are IMPERMANENT and subject to change; any passion, desire, love, thirst, fever, & craving towards consciousness and aggregate of self shall be avoided.
+++++

And; How to we observe SENSATION exactly at their CONTACT Location?
==========
How to observe Body sensations? A Sadhak MUST train them to use path of sensation to find "exact contact location" of body part where sensations are alive, and INSTEAD OBSERVE "arising of sensation exactly at CONTACT where sensation touches body part affected by sensation.
.
We use sensation as a path and objectively observe affected area of body part where sensation exactly tries to make CONTACT, this objective and equanimous observation of CONTACT, REVERSES the sensation and you notice sensation fades away. This is known as subtle or penetrative observation of sensation exactly at their arising or CONTACT.
.
Observing ‘CONTACT’ in case of SENSATIONS, means observing ‘CONTACT SURFACE of skin’ wherever or all places touched by SENSATIONS. In this case one observe SENSATIONS at their exact arising location, just observe ‘area of skin’ that made “CONTACT” with SENSATIONS or was TOUCHED by SENSATIONS.
.
A SADHAK MUST train them to INSTEAD OBSERVE CONTACT where sensation touches body part affected by sensation. If you have learnt to observe exact contact moment when sensation makes contact with affected body part, you would have learnt to eradicate sensation at the root. Thus, meditating on CONTACT one is able to alleviate misery from the root.
.

Just like when searching for address of a location; you take help of another local person and once path to the address is known and understood, you simply ignore that person and reach exact destination; in same way sensations are used to reach their exact arising, where they are MAKING CONTACT with skin surface affected by sensation, and once exact arising location OR CONTACT is understood and is observed, this is the way one observes sensations at their subtle level or exactly at CONTACT. Thus, we OBSERVE CONTACT of sensations to eradicate misery at subtle level at the root.

.

In other words, simply observe sensations exactly at their arising location where sensations make contact with skin surface, that way you are catching sensations where they are still weak and just started to arise, and as per BUDDHA, when sensations are observed exactly during their arising and before they have made their impact on body parts, they mellow down and fade away quickly.

.

Or to be more precise, let's say you see that sensations are affecting a body part area, now you shall observe every location of body part area that was touched by sensations.

.

As another example to illustrate how to observe sensations; If there were RAIN DROPS falling on piece of say One Square Feet area, then you shall observe EVERY rain drop exactly at CONTACT or where rain drop falls and meets or touches land area, thus your inner vision is focused at CONTACT MOMENT OF RAIN DROPS and likewise you shall observe EVERY SENSATION as it makes contact or touches the skin surface of body part area.

.

In another example of how to observe body part affected by sensations using SAW and WOOD as illustration, SAW (sensation) and WOOD (body part area afflicted with sensation), we do not observe SAW (sensation) or WOOD (body part area afflicted with sensation), but we observe CONTACT SURFACE whenever or wherever SAW CUTS THE WOOD or SAW meets the WOOD.

==========

With this knowledge as mentioned above, we will RESOLVE MIGRAINE AS FOLLOWS:

==========

The MOST IMPORTANT point to REMEMBER HERE is that one must be ALERT TO ARISING of SENSATION of MIGRAINE or any other sensation, and as soon as migraine effect starts, one must immediately start to apply following technique sitting, walking or sleeping, there with closed eyes using mind's eye or inner vision.

It is VERY important to start this technique as soon as MIGRAINE SENSATIONS have started to affect oneself. However, the technique can be applied in isolations also, hunting for any pre-existing sensations whether one is affected by migraine or not, this will insure pre-emptive action for the same.

.

The idea here is to OBSERVE SENSATION of MIGRAINE maintaining OBJECTIVE OBSERVATION and ABSOLUTE EQUANIMITY. As soon as migraine starts one must remember that “I AM NOT SUPPOSED TO WALLOW IN SENSATIONS, instead, I must observe sensation of migraine DETACHED, and without creating any passion or aversion to the sensation of migraine while the process of objective observation is in progress. Here, we use SENSATION AS A PATH to reach the exact body surface where sensations are making contact with skin surface and observe sensations at their exact arising location.

.

.

Migraine has now started, so simply close your eyes, and with inner vision or mind’s eye, one starts to observe sensations of migraine as they start to engulf the body part affected (head in this case). One can ALTRENATE or SWITCH between “observing holistically” or observing piece by piece, moving from one location to another after every second of objective and equanimous observation of CONTACT or sensations at their exact arising location, WITHIN BODY PART AREA INFLICTED WITH MIGRAINE.

.

When scanning with inner vision, One must continue to move within inflicted or affected body part area every second or two observing every CONTACT where sensation of migraine meet with skin surface. Each such observation must be objective and devoid of any passion or aversion to sensations being observed.

.

We usually observe sensations at their exact arising location, where sensation is making CONTACT with skin surface and we observe EVERY SUCH CONTACT where migraine sensation is trying to affect body or head part area. So, in another words you are OBSERVING EVERY CONTACT or HAND SHAKE that takes place between sensation and skin surface being afflicted AT THAT MOMENT.

.

After such objective and equanimous observation of sensations of migraine for few minutes or till they are alive and present, one would have noticed that migraine has mellowed down or disappeared.

.

ONE SHALL CHANGE THE HABIT PATTERN from “WALLOWING IN SUFFERING”, to instead change HABIT pattern to OBJECTIVELY OBSERVE ANY SENSATIONS as soon as they arise on mind or body,

simply observing with mind's eye or inner vision, every CONTACT location of body parts affected by sensations all day 24/7, while walking, sitting and sleeping and awake.
The rule of observation is as described above, objective observation and absolute equanimity. If there is an itch, observe every CONTACT of ITCH with SKIN SURFACE, wherever itch makes contact with skin. If there is anger, observe body part area affected by anger, if there is anxiety, observe body part area that are witnessing anxiety effect, and so on. SIMPLY OBSERVE SENSATIONS at their exact arising or every CONTACT surface of body parts afflicted.
.
Next, you may now tell us how would you observe sensations of anxiety, fear, anger or depression?
++++++++++++++++++++
.
As another example to illustrate how to observe sensations; If there were RAIN DROPS falling on piece of say One Square Feet area, then you shall observe EVERY rain drop exactly at CONTACT or where rain drop falls and meets or touches land area, thus your inner vision is focused at CONTACT MOMENT OF RAIN DROPS and likewise you shall observe EVERY SENSATION as it makes contact or touches the skin surface of body part area.
.
In another example of how to observe body part affected by sensations, SAW (sensation) and WOOD (body part area afflicted with sensation), we do not observe SAW (sensation) or WOOD (body part area afflicted with sensation), but we observe CONTACT SURFACE whenever or wherever SAW CUTS THE WOOD or SAW meets the WOOD.
.
One must be ALWAYS be alert to ARISING OF SENSATIONS as you want to catch them while they are still weak and trying to get hold on your body parts, and as soon as effect of **anxiety, fear, anger or depression** or any other mental issue or gross sensations strikes, one shall immediately remind them, "I AM NOT SUPPOSED TO WALLOW IN SENSATIONS, instead, I must start to observe sensation of **anxiety, fear, anger or depression** etc. DETACHED, and without creating any passion or aversion to the sensation by maintaining absolute equanimity.
;
RELAX, and one then through their mind's eye or inner vision, starts to observe body parts affected by sensation of **anxiety, fear, anger or depression** (usually chest, stomach, legs and back side and sometimes head also), and observes every CONTACT location of sensation and body part inflicted, sometimes HOLISTICALLY and sometimes moving piece by piece, moving inch by inch, part by part, observing every CONTACT of SENSATION with BODY part, within afflicted area.

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ALSO; OPTINALLY one must learn to meditate on ANAPANA meditation on INCOMING AIR AND Outgoing air exactly at nose doors as method described below for at least 5-10 minutes few times a day to calm down 6 sense media and mind.

One may learn to do VIPASSANA MEDITATION as Taught by Shri S N Goenka Ji.

[on youtube search for this text: One hour group setting Vipassana (meditation) in hindi / English By Goenka ji]

+++ What is the right way to MEDITATE ON AIR [ANAPANA]?

ANAPANA Breath Observation in 2 sentences:- Observe the FEATURES (length, thickness, touch within nose walls) OF BREATH within nose perimeter, touch of air at nose doors and finally observe the movement of inhale and exhale at upper lips just below the nostrils**.**

.

ANAPANA Breath Observation in 2 sentences:- Observe the FEATURES (length, thickness, touch within nose walls) OF BREATH within nose perimeter, touch of air at nose doors and finally observe the movement of inhale and exhale at upper lips just below the nostrils**.**

.
ONE SHALL CHANGE THE HABIT PATTERN from “WALLOWING IN SUFFERING”, to instead change HABIT pattern to OBJECTIVELY OBSERVE ANY SENSATIONS as soon as they arise on mind or body, simply observing with mind’s eye or inner vision, every CONTACT location of body parts affected by sensations all day 24/7, while walking, sitting and sleeping and awake.
The rule of observation is as described above, objective observation and absolute equanimity. If there is an itch, observe every CONTACT of ITCH with SKIN SURFACE, wherever itch makes contact with skin. If there is anger, observe body part area affected by anger, if there is anxiety, observe body part area that are witnessing anxiety effect, and so on. SIMPLY OBSERVE SENSATIONS at their exact arising or every CONTACT surface of body parts afflicted.

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#VIPASSANA #BUDDHA #SPIRITUALSCIENCE
.

WHO CAN LEARN VIPASSANA? Does one become BUDDHIST if they undergo VIPASSANA COURSE?
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Monks and people in general; This is what you shall say:
.
If there was a class of students from different religions, communities and languages and if this class of students were TAUGHT subjects of SCIENCE and MATHS BY SPANISH MAN OF JEWISH ORIGIN, then, would the class of students become JEWISH if taught by this MAN?
.
NO, the students are just learning science and math's and not becoming Jewish just because the subjects were taught by a Jewish man.
.
Similarly, when one learns VIPASSANA as UNDERSTOOD AND TAUGHT BY BUDDHA, one does not become Buddhist. They only learn SPIRITUAL SCIENCE methods as learnt, understood and taught by GREATEST TEACHER OF SPIRITUAL SICENCE that was BUDDHA.
.
Thus, one shall take learnings of VIPASSANA knowing well that VIPASSANA has no connection with religions, communities or languages.
Just like an AIR can be BREATHED or INHALED by one and all, similarly VIPASSANA CAN BE learnt and taught by all.
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WHOLESOME and Un- WHOLESOME Action towards MENTAL CONTENTS
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#vipassana #SpiritualScience #buddha

Monks, If I were to ask you to imagine and form a mental picture of a large growling tiger which is sitting just few feet's apart from you, and after forming such a mental image of growling tiger sitting just few feet's away from you, what would be your reaction? Will you feel fear or try to run away from the animal?
.
On hearing this one of the Bhikkhu said; Venerable sir, for how can one respond or react to something that is just an image formed by mind?
.
Monks, then why do BEINGS who experience past and future mental images and incidents that are in a state of flux, in the form of mental contents, are affected by them? Do not they respond to those images as if they were happening in real-time? And by reacting to something that is just an illusion, a mental image formed JUST-NOW, for how can the image that is formed just-now in mind can be real?
.
Bhikkhu's; The knowledge that mental contents are just images formed by mind just-now are NOT REAL must be developed to rid of defilement of mind with respect to seeing mental contents as real and ignorantly responding to them in unwholesome manner.
When BEINGS react to these past and future mental images that are nothing but an illusion and formed just-now, they end up creating SENSATIONS of anxiety, fear, agitation, anger which are REAL and thus beings are inflicted with misery all the time.
.
Bhikkhu's; MIND and MIND CONTENT are mere a phenomenon, not 'I', not 'ME', 'NOT MINE', and 'no-self i.e., are VOID with no substance' et all. For, how come something that is formed just now in form of mental images can be I, Me or Mine? To see them as an objective observer detached, one clearly understands that there is NO WISDOM in responding to something that is just a mental image, and there is NO WISDOM in creating REAL SENSATIONS of ANXIETY, FEAR, AGITATION, ANGER etc. with respect to phenomenon that are un-real.
.
A CONSCIOUSNESS is said to be inflicted with EGO when it is conditioned by PERCEPTION of I, ME or MINE.
.

.
One of Bhikkhu's on hearing this said, VENERABLE SIR; when going for alms to one of the houses, I was abused by the landlord and since then I am inflicted with anxiety. The mental content and images that I see of that incident are causing me anxiety as I see these images every few hours.
.
Venerable Sir on listening to this said as follows:
Bhikkhu's, when some one abuses you, for sure that person was miserable, for how come one who is at peace, abuse any one? You must only have compassion for that person and may bless that person with peace of mind.
.
Secondly, the incident happened at one of "PRESENT MOMENT" for just few seconds or minutes. Being an ignorant sadhak, you did not follow detached objective observation and equanimity [not creating passion or aversion at all paths or interaction of life] when that phenomenon or interaction happened. The CONSCIOUSNESS that was BORN out of that incident was thus conditioned by aversion [fear and anxiety] and so you are inflicted. The CONSCIOUSNESS thus BORN will continue to ARISE, PERSIST FOR A WHILE, and CEASE as per LAW OF NATURE.
.
.
Bhikkhu's; But how can one be fearful of past mental contents or images that are "being formed just now" and are only in the form of MENTAL IMAGES? All mental CONTENTS past or future are nothing but an illusion and what is the wisdom in responding to them?
.
Bhikkhu's; The knowledge that mental contents are just images formed by mind just-now are NOT REAL must be developed to rid of defilement of mind with respect to seeing mental contents as real and ignorantly responding to them in unwholesome manner.
.
The UNWHOLESOME reaction to them shall be avoided at all costs and all past or future mental contents or images shall be abandoned with wisdom, "Not Real or An Illusion". But, if being ignorant sadhak, if you still reacted out of fear or anxiety to these images then you must OBJECTIVELY OBSERVE SENSATION that arise on body on account of UNWHOLESOME reaction to these mental contents.
.
WHOLESOME reaction to mental images is when one wants to analyse past incidents and future images so that WHOLESOME action can be performed after a good analysis. The UNWHOLESOME reaction will always create misery in form of anxiety, fear, agitation, anger etc.

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WHAT IS ANICCA [gross sensations] / NO-SELF [consciousness] / ILLUSION [mental contents] / SELF [KHANDA-form, feeling, perceptions, reactions-formations-fabrications]
==========

#vipassana #SpiritualScience #buddha

As one would have noticed, MIND or inner vision keeps shifting from one gross sensation to another, similarly MIND or inner vision keeps shifting from one mental content to another. Mind on its own keeps shifting focus to the next arisen sensation or mental content. ALL MENTAL CONTENTS are NO-SELF and All SENSATIONS are IMPERMANENT and UNSATISFACTORY i.e., they have an element of suffering in them.
.
SENSATIONS are felt on the physical body while MENTAL CONTENTS are creation of MIND. Past interactions as COGNISED CONSCIOUSNESS DATA are recorded as aggregate of ELEMENTS OF SELF (khanda). Each such DISPLAY OF CONSCIOUSNESS DATA as mental CONTENT is NO-SELF and VOID and just an illusion. **A CONSCIOUSNESS is said to be inflicted with EGO when it is conditioned by PERCEPTION of I, ME or MINE.**
.
Thus, NO-SELF means what you are experiencing is VOID, EMPTY and has no-substance and is just an illusion, but your tendency to react to them in unwholesome manners is what creates elements of agitation, anger, anxiety and host of other feeling and subsequent consciousness that is conditioned by craving or aversion, and once any consciousness is created, as per laws of nature it will continue to arise, persist for a while and cease, till it has been resolved.

.
The knowledge that “mental contents” are just images formed by mind just-now and are NOT REAL, “**an ILLUSION**”, must be developed to rid of defilement of mind with respect to seeing mental contents as real and ignorantly responding to them in an unwholesome manner. With this knowledge SADHAK abandons un-wholesome reactions to the mental contents as soon as they arise as minds focus shift to arisen mental contents.
.
One must learn to change the habit pattern to observe and not suffer the influx of mental contents or sensations. The regular habit pattern is to SUFFER when one is inflicted with sensations, but a vipassana sadhak has learnt to instead OBSERVE them with equanimity.
.

The knowledge of “**ANICCA**” that all **that all things, including the SELF or subsequent consciousness, are impermanent and constantly changing, and this can be experienced by meditating on** GROSS SENSATIONS of the body.

.

As one would have noticed, the mind's eye or inner vision or mind keep shifting focus from one sensation to another sensation or mental content. You may at times notice a tingling sensation at one part of body, and as a SADHAK you maintain the knowledge that this FEELING of sensation of tingling is IMPERMANENT and will pass sooner or later and thus one is required to observe sensation with equanimity and detached objective observation TILL THE MINDS FOCUS HAS AUTOMATICALLY SHIFTED TO NEXT SENSATION OR NEXT MENTAL CONTENT [this automatic SHIFTING OF MIND is “ANICCA”]. That means objective observation of your mind's vision remains focused on SENSATIONS till it has automatically shifted focus to the next arising sensation or mental content.

.

ALL MENTAL CONTENTS are NO-SELF and All SENSATIONS are IMPERMANENT and UNSATISFACTORY i.e., they have an element of suffering in them.

.

As per the law of nature, sensations arise, persist for a while and cease. In other words MIND knows when a sensation has arisen and so quickly your focus is shifted to sensation. Mind on its own will shift focus to the next arisen sensation or mental content. Un-Wholesome reactions to mental contents are abandoned with knowledge that arisen mental content is VOID and No-Self and is just a mental image formed just-now.

.

The mind's focus continues to shift focus from one sensation to another on its own, that means a SADHAK must observe sensations with equanimity till the mind has on its own shifted focus to the next arising sensation. This is how your EXPERIENCE ANICCA i.e.; nature of impermanence as one realizes that AUTOMATIC MIND FOCUS is that decides which sensation will affect you in ‘PRESENT MOMENT’, while all other sensations take back seat, till the minds focus has automatically shifted to next sensation. Here a SADHAK DOES NOT DECIDE which SENSATIONS to observe, he just maintains experience of ANICCA by following the minds focus to the next arisen sensation or mental contents. Each such SHIFT of focus of mind is the experience of ANICCA, that means the previous sensations or mental content has either mellowed down or takes a back seat as the mind's focus shifts.

.

Now, In the case where a LARGE PORTION OF A BODY PART [say entire leg] is affected by SENSATION [example pain or numbness or tingling or mix of all 3 or many sensations], in that case one would notice that MINDS

focus starts with an area of inflicted body part at one portion, and as the minds focus remains there, A SADHAK IS REQUIRED TO MAINTAIN OBJECTIVE DETACHED OBSERVATION AND EQUANIMITY till the minds focus has automatically shifted to next portion or sensation WITHIN THE INFLICTED BODY PART. Thus, minds focus will keep taking you to one sensation to next within INFLICTED BODY PART AREA, and all SADHAK has to do is FOLLOW THE MINDS FOCUS and ATTEND TO SENSATION selected by MINDS VISION, and thus a SADHAK CONTINUE TO MAINTAIN EQUANIMITY AND OBJECTIVE DETACHED OBSERVATION throughout the experience of ANICCA.
.
“ANICCA” is experience of IMPERMANENT NATURE OF MIND, that attends to sensations one at a time as a primary focus, shifting from one sensation to another within inflicted body part area, making all other sensations weak or mellow till they are brought back to focus again by mind next time. A SADHAK IS REQUIRED TO OBJECTIVELY OBSERVE ALL SENSATIONS whenever minds focus is brought to sensations.
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CONDITIONS FOR DEFILEMENT OF MIND AND BODY:
==========

Monks, what is the condition for defilement of mind with respect to EGO? What is its resolution?

When a BEING interacts with any phenomenon and creates a new leaf of branch of SELF and subsequent CONSCIOUSNESS, the newly born CONSCIOUSNESS is said to be inflicted with EGO when it is conditioned by PERCEPTION of I, ME or MINE.
.
When a WORK is assigned to another being, is the “WORK performed?” or “My Work performed?”, depends on whether the CONSCIOUSNESS with respect to assignment of work was conditioned by I, ME or MINE.
.
The RESOLUTION of all types of EGO is; to “LET GO OF ANY PERCEPTION OF I, ME or MINE” with respect to any type of interaction. An IGNORANT PERSON continues to create various types of worldly interactions with perception of I, ME or MINE and thus creates a CONSCIOUSNESS that is INFLICTED WITH EGO, and once the CONSCIOUSNESS is born, then as per law of nature, it continues to arise, persist for a while and cease till it is resolved. Detachment or letting go of perception of I, ME or MINE shall be practiced during all interactions of life to be not inflicted with EGO.
.

The beings, once inflicted with any CONSCIOUSNESS that is conditioned by EGO or perception of I, ME or MINE, continues to suffer, whenever this CONSCIOUSNESS is challenged in any form. Detachment or letting go of perception of I, ME or MINE shall be practiced during all types of interactions of life to be not inflicted with CONSCIOUSNESS that is conditioned by EGO.

==========

SELF and NO-SELF (ATMA/□□□□□ /SOUL and ANATTA) / ATMA/□□□□□ /SOUL Exists OR Conditioned "consciousness" is the cause of Re-Birth?

#VIPASSANA #buddha #SunilDudia

ATMA =SOUL=SELF

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MONKS,

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There is a question going around as to IF ATMA/□□□□□/SOUL exists or not?

.

While there are SECTS; who believe it is only "ANATTA/Concept of No-Self", that exists and that afflicted or conditioned "consciousness", consciousness that is conditioned by craving, aversion, delusion (I, ME, Mine) and clinging,is the cause of RE-BIRTH, and thus there is NO ATMA/□□□□□/SOUL as the other SECTS would like to believe;

.

Monks;

What are the physical elements of a "SELF" that is BODY/ or any physical matter?

They are (Earth elements, Water Elements, FIRE Elements, SKY [space] elements, and AIR elements)

.

and Monks;

What are the NON-physical elements of a "SELF", - or 5-SKHANDA's"?

They are (**FORM** -(Interaction with worldly objects, Any Physical or tactile/logical objects), **FEELINGS** -(as captured/seen by 6 sense media), **PERCEPTION**- aka Brain analysis, **REACTIONS or VOLITIONALS ACTS** aka physical/mental/verbal reactions)

.

Monks;

The "consciousness" is nothing but animated SELF elements (form, feelings, perceptions, reactions) that are displayed to inner vision as animated visuals and images. Consciousness is thus an illusion.

.

Just like IN REALITY, a MOVIE EXISTS in frame-by-frame physical pictures SHOT with a CAMERA in a PHYSICAL FORM; In the same way monks; "consciousness" in reality, exists in the form of elements of SELF (Non-Physical elements- form, feelings, perceptions, reactions) that is displayed as NO-SELF animated visuals and mental images, and has no ACTUAL or REAL PRESENCE, as, "in the actual form or in reality, they exist as elements of SELF or 5-SKHANDA's".

.

And why monks, the SELF is displayed in NO-SELF form? {this is same as asking, why pictures frames shot from camera are shown as movie animated format?]

Because Monks; elements of a SELF can only be displayed as NO-SELF; FORM is displayed as no-self, FEELINGS are displayed as NO-SELF, PERCEPTIONS are displayed as NO-SELF, VOLITIONAL ACTS are displayed as No-SELF and the resultant "consciousness" thus COGNIZED is also a NO-SELF.

.

Monks;

Why the MIND is NO-SELF?

.

Because the Mind is an aggregate of total consciousness that is fabricated from 6 sense media. Mind is an ILLUSION just like a MOVIE is an Illusion. Mind uses SELF/ATMA elements to bring entire visual picture as was fabricated during the interaction, just as movies are fabricated from picture frame shot by a camera, picture after picture, frame after frame.

.

Just like a Movie exists in a frame by frame pictures,

consciousness exists as "ELEMENTS of SELF" that are born out of 6 sense media (eye-consciousness, ear-consciousness, Tongue consciousness, brain consciousness, Body consciousness, Nose consciousness)

.

And Monks;

eye-consciousness is displayed as NO-SELF to inner vision,

ear-consciousness is displayed as NO-SELF to inner vision,

Tongue consciousness is displayed as NO-SELF to inner vision,

brain consciousness is displayed as NO-SELF to inner vision,

Body consciousness is displayed as NO-SELF to inner vision,

Nose consciousness is displayed as NO-SELF to inner vision

.

and thus, MIND which is "total consciousness of all above 6-sense-consciousness" is also a NO-SELF or VOID or an ILLUSION just like a

MOVIE is an illusion coming from frame-by-frame pictures shot by a camera.

.

Thus Monks; it can be SAID that, while afflicted or a CONDITIONED consciousness is the cause of a RE-Birth; But monks, since consciousness has an ACTUAL EXISTENCE in the form of elements of SELF/ATMA, it shall be said that IT is SELF [ATMA/□□□□□] That exists and is responsible for RE_BIRTH.

.

Thus Monks; WE CONCLUDE; **consciousness is an ILLUSION; SELF/[ATMA/□□□□□] /SOUL is REAL.**

.

PS:

What is the REQUISIT CONDITION for a EXISTENCE OF A BODY (BEING with mind and body) ?

.

If we have collected or fabricated consciousnesses that are conditioned from birth till date, consciousnesses that are conditioned by craving, aversion, delusion (I, ME, Mine) and clinging, then as per "LAW OF NATURE" these consciousnesses must "ARISE, PERSIST for a WHILE and CEASE".

Thus monks; requisite condition for a consciousness to cause a misery for several births is that "it does not exists in BLISSFUL form and is conditioned".

.

Monks; a consciouness can not work on its own, it must acquire a physical form so that in a new body there is a chance of resolution, and hence a REQUISIT CONDITION for a EXISTENCE OF A NEW BODY (BEING with mind and body) continues to EXIST as long as there is a consciouness that is conditioned or afflicted.

.

Once all the conditions of affliction are cleansed, consciounesses do NOT need to acquire a new body for their resolution, and hence they can exist in a FORMLESS AVATAR.

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Consciousness as the cause of RE-Birth and existence of □□□□□ /SOUL

explained further - August 6-2023

#VIPASSANA #buddha #SunilDudia

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Monks;

There are 3 types of consciousness,

1-Those that are light, are like a line drawn on water, which quickly disappears.
2-Those that are medium, is like a line drawn in sand, which disappears after a while.
3-Those that are heavy, is like a line carved in rock, which disappears only after a long time.
;
Thus monks, only the STRONGEST "consciousness", like a line carved in rock, SHALL BE THE CAUSE OF RE-BIRTH as per the LAW OF NATURE.
.
Monks;
Lets us consider the following example of a MOVIE, that exists as COLORED FRAMES/ pictures SHOT SCENE BY SCENE acted upon by ACTORS.
.
THE MOVIE [consciousness] is nothing but a magical illusion formed out of COLORED FRAMES/ pictures SHOT SCENE BY SCENE.
So, **Although the MOVIE that has done well at the BOX OFFICE is the cause of a NEW MOVIE PRODUCTION, Monks, what is carried forward to the NEXT MOVIE?**
.
THE ACTORS, who performed well and were the cause of the success of the movie are carried forward to the next movie.
.
The pictures SHOT SCENE BY SCENE acted upon by actors (SELF, 5-SKANDHAS), were not carried forward to the next movie.
And not to forget, the MOVIE [consciousness] itself exists in the form of pictures SHOT SCENE BY SCENE (SELF, 5-SKANDHAS), acted upon by actors and not in the animated visual form in reality.
.
The pictures SHOT SCENE BY SCENE, acted upon by actors, only enhanced GUNA/skills or quality of actors' acting skills which shall be used for the next movie,
and only the ACTORS who were responsible for the movie's success shall be carried forward for the next movie.
.
Similarly Monks;
The "consciousness" is nothing but a magical illusion carved out of aggregates of SELF (5-SKANDHA).
The entire interaction of human beings is recorded in the form of AGGREGATES OF SELF (form, feelings, perceptions, and volitional acts)
.
and, "at the time of death", only the STRONGEST consciousness like a line carved in rock, SHALL BE THE CAUSE OF RE-BIRTH

as per the LAW OF NATURE, and Monks; what shall be carried forward for the RE-Birth?
,
Aggregates of SELF (5-SKANDHA) are a No_SELF, just like pictures SHOT SCENE BY SCENE can not be carried forward for the next movie,
and the "consciousness aka movie" itself is a magical illusion, and thus can not be carried forward to the next movie.
The new movie must be acted upon again by the PREVIOUS ACTORS who made the movie successful;
.
Thus there has to be the existence of ACTORS who have undergone skill enhancement as in the case of a previous movie, so that they can be taken for a new movie;
.
Similarly monks; There has to be an EXISTENCE OF ENTITY (SOUL) that has undergone SKILLS/GUNA changed, during the lifetime of its body (previous movie), and this SOUL purely creates nothing but "new aggregates of SELF in a new body [new movie]".
.
CONCLUSION:
++++++++++++++
Thus, it can be said that although a SUCCESSFUL MOVIE was the cause of NEW MOVIE production, for a NEW MOVIE, there has to be the existence of ACTORS that will act in the new movie, and in the new movie shall be able to create NEW SCENES (COLORED FRAMES/ pictures SHOT SCENE BY SCENE) and from these scenes MOVIE with visual animations shall be again shown back to audiences until the success or failure of the new movie decides the existence or discard of ACTORS for the new movie. The new movie and previous actors are abandoned if the previous movie failed to succeed at the box office.
.
Thus, it can be firmly established that, although the STRONGEST consciousness is the cause of a RE-BIRTH, for a NEW BIRTH, there has to be the existence of an ENTITY aka SOUL that can acquire a new body and in the new body shall be able to create a "new element of SELF", (aggregates of SELF out of interaction with the worldly objects and phenomenon) and the NEW SELF shall create NEW consciousnesses as per the law of nature and shall arise, persist and cease till consciousnesses have been resolved to BLISSFUL nature. Similarly, monks; BIRTH and DEATH Cycle ends once all the consciousnesses are cleansed of their affliction or conditioning.
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Can BEINGS have a FORMLESS experience, detached from the body? - July-31-2023
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This is my understanding of spiritual science, as of now based on my logical conclusion of what I have learned to date:
.
Monks;
EVERY NEW ARISING IS A MISERY. Birth is a MISERY, existence in a material form is a misery.
.

What is the REQUISIT CONDITION for an EXISTENCE OF A BODY (BEING with mind and body)?
.
If we have collected consciousnesses that are conditioned from birth till date, consciousnesses that are conditioned by craving, aversion, delusion (I, ME, Mine), and clinging, then as per "LAW OF NATURE" these consciousnesses must "ARISE, PERSIST for a WHILE and CEASE".
Thus monks; the requisite condition for a consciousness to cause misery for several births is that "it does not exists in BLISSFUL form and is conditioned or afflicted".
.
Monks; consciousness can not work on its own, it must acquire a physical form so that in a new body there is a chance of resolution, and hence a REQUISIT CONDITION for an EXISTENCE OF A NEW BODY (BEING with mind and body) continues to EXIST as long as there is a consciousness that is conditioned or afflicted.
.
Once all the conditions of affliction are cleansed, consciousnesses do NOT need to acquire a new body for their resolution; hence, they can exist in a FORMLESS AVATAR.
.
Just like in example of an APPLE TREE, if apple tree were to get NIBBANA and does not need to acquire a new body as NEW TREE, then it must produce "apples without seeds", in the same way monks; we must collected and create consciousnesses that are NOT conditioned and NOT afflicted by seeds of craving, aversion, delusion (I, ME, Mine), and clinging.

.

Now, if BEINGS were trained to TRANSCEND MIND and MATTER so as NOT to create new 'aggregates of SELF' (form, feelings, perceptions, volitional acts) that are conditioned or afflicted and are thus COGNISED as BLISSFUL CONSCIOUSNESS;

and also, if BEINGS were trained to CLEANSE PAST, PRESENT, and FUTURE consciousnesses and remove their affliction and make them un-conditioned by 'MEDITATING ON VIPASSANA BODY SCAN' [top of head to bottom feet and reverse],
.
then Monks; REQUISIT CONDITION for an EXISTENCE OF A NEW BODY does not exists, as there are no consciousnesses that need to CLING to BODY for their resolution, and in such cases, BEINGS can experience FORMLESS AVATAR as they meditate on ANAPANA
.
Thus monks; If one has TRANSCENDED MIND as "MATERIAL NATURE that is displayed as images, thoughts, and visual animation and has thus no physical presence", and if one has TRANSCENDED MATTER (BODY) in terms of observing BODY SENSATIONS as ANICAA or ANITYA, and also one has cleansed all the "consciousness" created or collected from birth (Including past births) till date, by "MEDITATING ON VIPASSANA BODY SCAN"; and then monks, One then takes refuge in SECLUSION and enters into ANAPANA MEDITATION of breath, then, monks, he can experience a formless AVATAR, detached from the body, as "requisite conditions for 'consciousness' to CLING to a BODY" has been annihilated, mellowed down, or paused.
.
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How to TRANSCEND the BIRTH AND DEATH CYCLE, ROLE OF a CONSCIOUSNESS in NIBBANA- July-31-2023
Consciousness, that does NOT need to acquire a human form.
++

Monks,
How is a BEING defined?
.
BEING is nothing but a pile of fabrication? and what do we fabricate monks?
.
Monks, We fabricate consciousness, and a consciousness that is afflicted will continue to acquire a human form until they have been resolved, converted to un-conditional or neutral.
.
And monks, how is consciousness afflicted?
Consciousness is afflicted when it is conditioned, conditioned by craving, aversion, delusion (I, ME, Mine), and clinging.
.
Monks;
If there is "consciousness" then there is a "NAME-FORM",
for NAME-FOrM there are "6 sense media"
if there are 6 sense media, there is a CONTACT
If there is a CONTACT, there is a "FEELING"
If there is FEELING there is a "CRAVING"
If this craving is intense, it turns into a CLINGING
CLINGING is a cause of BECOMING (incubation of coming birth)
This BECOMING is the cause of a NEW BIRTH
If there is a BIRTH (There is the process of aging, decay, and death)
.
This is how the cycle of "consciousness" or dependent origination is explained.

.

MONKS;
The CRAVING to acquire, to gain, to experience is the cause of the BIRTH of a "consciousness" that is afflicted.
.
Ignorant beings (NAME-FORM) continue to create a consciousness that is afflicted and Monks, so long there is consciousness that is afflicted, it will continue to acquire human form so that it can be resolved, as consciousness can not function on its own, it requires a mind-body [name-form] to function.
.
Thus monks; "to END this CYCLE OF BIRTH and DEATH"; one must take a path to a NIBBANA, continue to stress for NON-DESIRE in the "world of mind and matter", continue to stress to CONVERT every afflicted consciousness to neutral or unconditional.
.
THIS IS HOW ONE SHALL TRANSCEND the cycle of birth and death and live a formless life, i.e.; consciousness that does need to acquire a human form.
=====
Impermanence (Sensations)- Phenomenon - ANATTA (No-self) [Body-Phenomenon-Mind] EXPLAINED - July 29-2023
++
Impermanence (Sensations)- Phenomenon - ANATTA (No-self)
Sensations- MISERY - NO-Self
Body-Phenomenon-Mind
.
ALL OBSERVATIONS are done with EQUANIMITY [No Reaction] and Objective observation [Detached, un-emotional observation of sensations-phenomenon, and mind]
.
While MIND is contemplated as NO-SELF with 5 SKHANDA's, 'elements of SELF' with no material or physical presence (form, Feelings, perceptions, Volitional Acts) Cognized as CONSCIOUSNESS;
.
BODY is experienced with SENSATIONS and their 'arising and passing away' and every new ARISING of SENSATION signals 'passing away of previous arising'.
.
While anything that our inner vision sees arising out of MIND is contemplated as 'MATERIAL NATURE that has no physical existence' and thus, any interaction with what is NO-SELF is immediately let go or abandoned as 'material nature that must be transcended in all forms'.
.
While, SENSATIONS arising on/inside the body are witnesses as 'ARISING and Passing away', and thus, every sensation that is felt within limited

inflicted body parts or across the body parts is objectively observed as it ARISES and is seen by the mind's eye or inner vision as 'next arising'. Directed by the mind's eye or inner vision, one continues to observe "BODY SENSATIONS" as soon as they ARISE, and when the mind's eye has jumped to observe NEXT ARISING SENSATION, the previously arisen sensation has either mellowed down or disappeared. This is also known as ANICCA or ANITYA or 'impermanence', as it is witnessed through observation of body sensations.
.
The Objective observation of body Sensations RESEMBLES "BUBBLE ARISING and Passing AWAY in BOILING WATER", as one always notices one bubble at a time that jumps and takes attention one at a time, and as one continues to observe bubble after bubble, previously arising bubbles have already assumed to be passed away.
=====

How to CLEANSE CONSCIOUSNESS that is PAST/ PRESENT and FUTURE?
Last Updated: July, 24-2023
++++++++++++++++++++++++++++++++
Venerable Sir,
.
After learning the wisdom of DHAMMA, we have understood not to create a consciousness that is conditioned or afflicted.
But venerable sir, how do we change CONDITIONAL CONSCIOUSNESS to NEUTRAL, that is already been created in the past on account of ignorance?
.
Bikkhu's;
Where is CONSCIOUSNESS born?
CONSCIOUSNESS is born where it is received in the first place and MIND is where the aggregate of total CONSCIOUSNESS from 6 sense media is COGNIZED as NO-SELF.
.
Bikkhu's;
There is EYE CONSCIOUSNESS, EAR CONSCIOUSNESS, BODY CONSCIOUSNESS, TONGUE CONSCIOUSNESS, NOSE CONSCIOUSNESS, BRAIN CONSCIOUSNESS.
.
What one sees is COGNIZED into EYE CONSCIOUSNESS.
What one hears is COGNIZED into EAR CONSCIOUSNESS.
What one feels as touch or sensation, is COGNIZED into BODY CONSCIOUSNESS.
What one tastes is COGNIZED into TONGUE CONSCIOUSNESS.
What one smells is COGNIZED into NOSE CONSCIOUSNESS.
What one perceives is COGNIZED into BRAIN CONSCIOUSNESS.
.

Bikkhu's;
Mind is where the aggregate of TOTAL CONSCIOUSNESS is COGNIZED. What one sees out of MIND is NO-SELF i.e. it has no physical presence. These are just images and visual animations born out of CONSCIOUSNESS that is our PAST or PRESENT, cognized into 6 sense media due to our past interactions.
.
As per the law of nature any type of CONSCIOUSNESS that is conditioned or afflicted [conditioned by craving/ aversion/ delusion (I, me, mine)/ clinging], then it must "arise, persist for a while and cease", till it has been resolved or changed to NEUTRAL or UN_CONDITIONED.
.
Thus, beings are constantly made aware of CONSCIOUSNESS that is afflicted or conditioned and see them arising and passing away from time to time, and if these CONSCIOUSNESS are afflicted then they cause misery as was felt during interaction during their creation.
.
Now Bikkhu's;
If we can CHANGE the behavior of CONSCIOUSNESS as was cognized during their creation and make them un-conditional and un-afflicted then Bikkhu's, beings can rid themselves of misery of such past CONSCIOUSNESS that was afflicted in the first place.
.
And the best time to do that is when they ARISE NEXT TIME as per the law of nature, and BEINGS being alert to such ARISING of CONSCIOUSNESS that is past or present, makes all efforts to NOT-REACT [equanimity] and observe them OBJECTIVELY (detached unemotional observation of feelings and sensations), and with such observation of CONSCIOUSNESS that has arisen as part of past or present cognition, such a CONSCIOUSNESS is released from the affliction.
.
Bikhhu's;
MIND is no-self; anything that arises out of mind has no physical existence, they are just images, visual animation and hence any feeling that is felt is no-self i.e. born out of mind, must be "transcended as material nature" and shall be let go or abandoned immediately with the knowledge 'this is just a material nature and not worth responding to"
.
Bikhhu's, Anxiety is no-self, depression is no-self, feeling of panic is no-self, fear is no-self, and so on,
.
But Bikhhu's, effect of what is no-self or feelings that are not let go immediately as 'material nature coming out of mind' have a gross effect on body in the form of SENSATIONS.

.
Thus, if feeling of 'fear' is not leg go immediately as soon as they are felt with knowledge 'material nature, born out of mind so let go or abandon it immediately as soon as they are felt' then their effect are "felt on body parts" as 'chills' or in the others forms as GROSS SENSATIONS.
Thus, if feeling of 'anxiety'' is not leg go immediately as soon as they are felt with knowledge 'material nature, born out of mind so let go or abandon it immediately as soon as they are felt' then their effect are "felt on body parts" as 'sensation of anxiety' or in the others forms as GROSS SENSATIONS.
Thus, if feeling of 'depression'' is not leg go immediately as soon as they are felt with knowledge 'material nature, born out of mind so let go or abandon it immediately as soon as they are felt' then their effect are "felt on body parts" as 'sensation of depression' or in the others forms as GROSS SENSATIONS.
.
The 'SENSATIONS felt on body parts' are observed as ANICCA or ANITYA, i.e. directed by mind one attends to sensations, one by one as soon as they are felt ARISING at different parts of body; just like bubbles in th boiling water can be attended as the one that are arising or jumping and take mind's attention one by one.
The other way to observe sensation is to START A BODY SCAN 'TOP of head TO BOTTOM feets and Reverse', AND simply walk the INNER VISION over every sensation that is affecting the body.

++
For changing the CONSCIOUSNESS to un-conditional and un-afflicted, BEINGS SHALL FOLLOW the FOLLOWING STEPS as soon as CONSCIOUSNESS that is afflicted has arisen as past mental images or visual animation images:-
++
Now Bikkhu's; Every interaction whether PAST or PRESENT is first cognized into 6 sense media and then relayed back to us as CONSCIOUSNESS.
.
As soon as CONSCIOUSNESS that is PAST (relayed from past interaction or sub-CONSCIOUS) or during PRESENT INTERACTIONS [even interaction that is happening in PRESENT MOMENT is relayed back as CONSCIOUSNESS to us], for example, watching of a TV is being felt through 6 sense media in REAL-TIME, but is being relayed back to us as CONSCIOUSNESS.
.

Bikkhu's; Every CONSCIOUSNESS whether past or present that is cognized, must not be inflicted with or conditioned by "craving/ aversion/ delusion (I, me, mine)/ clinging" so as to not cause misery.
For this a SADHAK must learn to follow '8 noble path' or in general is cautious enough not to create "craving/ aversion/ delusion (I, me, mine)/ clinging " during every interaction of life.
.
Now; CONSCIOUSNESS is felt on BODY in the form of SENSATIONS. SENSATION, OVERLAP both MIND and BODY and hence CONSCIOUSNESS that is NO-SELF is cognized as part of the MIND, while SENSATIONS are felt on the body on account of how the CONSCIOUSNESS was 'fabricated' in PAST or is being fabricated in PRESENT. Fabrication of CONSCIOUSNESS happens though volitional acts (physical, mental or verbal).
.
Bikkhu's; since SENSATIONS OVERLAP both the MIND and MATTER (body), when one observes sensations felt on body parts, objectively and with equanimity, both mind and matter are resolved.
In any case, the CONSCIOUSNESS that arises may be felt as SENSATIONS on body if the CONSCIOUSNESS is CONDITIONED, and Bikkhu's; when one observes these sensations felt on body with equanimity [NO-Reaction] and objectively (DETACHED), then one has CHANGED this CONSCIOUSNESS to that is 'un-afflicted or not conditioned'.
.
For EXAMPLE:-
1)
Those inflicted with PHOBIA of getting panic attack when going into an elevator,
shall either discern PHOBIA as a 'MATERIAL NATURE born out of mind and is no-self and so worth abandoning or letting go immediately as soon as one sees or feels phobia arising',
Or;
one can first get into an elevator and then through their inner vision or mind's eye, quickly and continuously, continue to observe the entire body from the top of head to bottom feet and REVERSE, MAKING SURE TO WALK THEIR INNER VISION over every sensation that is being felt on body on account of phobia, fear, anxiety or panic being created and felt on body parts in the form of gross sensations.
One must walk over every sensation scanning quickly within seconds from the top of the head to the bottom feet and reverse, but making sure to walk their inner vision over every sensation without waiting at any part of the body.
If the legs are feeling the sensations, one may simply use their inner vision to scan on legs from top thighs to bottom feet and reverse; till the sensations have mellowed down to nothing.

**** Every observation of sensation must be with EQUANIMITY (No Reaction whatsoever) and OBJECTIVE (Detached unemotional observation) ****

2)
Those who have a phobia of not being able to 'WATCH horror movies' shall do the same as mentioned above.
Simply sit and start the horror movie and then continue to scan the entire body with inner vision or mind's eye, from the top of the head to the bottom feet and reverse, as the movie is being played, MAKING SURE TO WALK THEIR INNER VISION over every sensation that is being felt on body on account of 'watching of a horror movie', phobia, fear, anxiety or panic being created and felt on body parts in the form of gross sensations.
As you feel the sensations of fear or anxiety in your body while watching the movie, your mind's eye or inner vision is programmed to simply walk over every sensation that is being felt during watching the horror movie.
**** Every observation of sensation must be with EQUANIMITY (No Reaction whatsoever) and OBJECTIVE (Detached unemotional observation) ****
.
Bikkhu's; this is how one transcends the CONSCIOUSNESS from conditioned and afflicted to un-conditional and neutral

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MEDITATING ON BODY SCAN to resolve
all kinds of MIND/Mental issues [11-July-2023]
++++++++++++++++++++++++++++++++++
Monks;
This METHOD is also a PATH to CALM DOWN BODILY FORMATIONS (anxiety, fears, mental hindrances, various sensations on the body, calming of phenomena that pass by that are in a state of flux)
.
SADHAK has already understood that the HABIT PATTERN must change from ‘wallowing in SENSATIONS OR incidents happening on body parts’ to INSTEAD OBSERVING THEM with EQUANIMITY, Here we observe EVERY INCIDENT that the body is experiencing and all the observations are OBJECTIVE [without any perceptions or mental evaluation] and we maintain absolute EQUANIMITY [not create any craving or aversion, delusion or clinging] when observing any or all incident that the body part if experiencing at this moment.
.
Also, every observation of body parts is done through INNER VISION within seconds, top to bottom, bottom to top, left side top to bottom, right side top to bottom, back side top to bottom, and reverse.

A Quick Body scan is done, piece by piece, inch by inch, sometime holistically and other times part by part, a few seconds here and a few seconds there keeping the scanning of the body part being observed all the time afresh.’NEVER remain on any body part area for more than 2 seconds, keep moving top to bottom and bottom to top scanning the whole body during meditation (never scan in circles or zigzag).

.

If a specific area of a body part needs scanning, then continue to move within inflicted body part space moving 2 seconds here and 2 seconds there, never remaining at one location for more than 2 seconds.

.

All observations are OBJECTIVE with absolute EQUANIMITY maintained without any reaction, eyes closed, and ‘inner vision or mind's eye’ is used to scan the body parts.

.

ACTUAL PROCESS step by step for meditating on stillness, scanning for any incidents that arise anywhere on body:
++++++++++++++++
Keeping the above rules in mind let's follow the meditation steps below:-

.

Let's sit and close our eyes. The intent is to bring every body part to STILLNESS, calming the mind and relaxing one start this process.

.

Now ""starting from LEFT side of shoulder"", using the mind's eye or inner vision, quickly scan from the top of the head to the bottom feet starting from the LEFT side of shoulder.

.

Your inner vision shall travel through whole left side of body, making sure to pass over any sensation or incident that is happening on any body part. For Example, if one feels itch or pain or any other incident, at any portion of body part, your job is to simply let your inner vision walk over it while the body scan is happening without giving any reaction. If there are no sensations or incidents detected, then simply continue to scan the body as mentioned. The scan shall be completed within few seconds top to bottom and reverse. DO THE SAME in REVERSE starting from bottom feet to top of head.

.

Or; For example, in case of anxiety or panic or OCD symptoms, continue to observe TENSION or SENSATIONS that arises or builds up in the body on account of this anxiety or panic or OCD symptoms, and observe the tension or sensations affecting the body without giving any reaction, simply let inner vision walk over it during body scan, observe objectively and with equanimity, maintaining the calmness and stillness of mind and body. DO NOT REACT TO ANY INCIDENT, sensations, pain, etc. ET ALL, simply observe them and move further.

.

Now starting from RIGHT side of shoulder, using mind's eye or inner vision, quickly scan from top of head to bottom feets starting from RIGHT side of shoulder.
Your inner vision shall travel through whole RIGHT side of body, making sure to pass over any sensation or incident that is happening on any body part. For Example, if one feels itch or pain or any other incident, at any portion of body part, your job is to simply let your inner vision walk over it while the body scan is happening without giving any reaction. If there are no sensations or incidents detected, then simply continue to scan the body as mentioned. The scan shall be completed within few seconds top to bottom and reverse. DO THE SAME in REVERSE starting from bottom feet to top of head.
.
Now starting from TOP OF HEAD, using mind's eye or inner vision, quickly scan from top of head to bottom feets scanning whole body.
.
Your inner vision shall travel through whole body, making sure to pass over any sensation or incident that is happening on any body part. For Example, if one feels itch or pain or any other incident, at any portion of body part, your job is to simply let your inner vision walk over it while the body scan is happening without giving any reaction. If there are no sensations or incidents detected, then simply continue to scan the body as mentioned. The scan shall be completed within few seconds top to bottom and reverse. DO THE SAME in REVERSE starting from bottom feet to top of head.
.
Now starting from TOP OF HEAD from back side, using mind's eye or inner vision, quickly scan from top of head from back side to bottom feets scanning whole body.
Your inner vision shall travel through whole body, making sure to pass over any sensation or incident that is happening on any body part. For Example, if one feels itch or pain or any other incident, at any portion of body part, your job is to simply let your inner vision walk over it while the body scan is happening without giving any reaction. If there are no sensations or incidents detected, then simply continue to scan the body as mentioned. The scan shall be completed within few seconds top to bottom and reverse. DO THE SAME in REVERSE starting from bottom feet to top of head.
.
Simply, continue to observe using inner vision, maintaining absolute equanimity [NO REACTION whatsoever] without showing any craving or longing, aversion or ill will, or delusion with respect to I, ME, MINE, or THEM, NOT CLINGING TO ANYTHING in the world of mind (Mental contents, thoughts) and Body(sensations and incidents of the body). At every step, you must learn to let go of craving, aversion, and delusion I, Me, Mine, Them) and clinging with respect to anything in the world of mind and matter (body) with the INTENT TO CALM BODILY and MENTAL FORMATIONS and BRING THEM TO MAXIMUM STILLNESS possible.

CONTINUE TO FEEL THE STILLNESS. Move fast and scan the entire body top to bottom and bottom to top (never in circles)

.

Your inner vision shall travel through whole body, making sure to pass over any sensation or incident that is happening on any body part. For Example, if one feels itch or pain or any other incident, at any portion of body part, your job is to simply let your inner vision walk over it while the body scan is happening without giving any reaction. If there are no sensations or incidents detected, then simply continue to scan the body as mentioned. The scan shall be completed within few seconds top to bottom and reverse. DO THE SAME in REVERSE starting from bottom feet to top of head.

.

Or, For example, in case of anxiety or panic or OCD symptoms, continue to observe TENSION or SENSATIONS that arises or builds up in the body on account of this anxiety or panic or OCD symptoms, and observe the tension or sensations affecting the body without giving any reaction, simply let inner vision walk over it during body scan, observe objectively and with equanimity, maintaining the calmness and stillness of mind and body. DO NOT REACT TO ANY INCIDENT, sensations, pain, etc. ET ALL, simply observe them and move further.

.

The INTENT is always to bring the body part being observed to MAXIMUM STILLNESS or CALMNESS, and once achieved then move to the next part of the body. Nevers top for more than 2 seconds, keep moving top to bottom and bottom to top scanning for any incidents arising on body parts, and if you notice any incident then just walk over it quickly with mind’s eye or inner vision, your job is to simply observe every incident that you found on body parts, not missing even a single or minute incident.

.

Continue to feel the STILLNESS of mind and body, but if one feels any type of sensation or INCIDENT that is affecting any of body part, then one must move the focus of their INNER VISION or MIND’s EYE to observe that INCIDENT affecting body part and walk you inner vision over it without waiting during body scan.. Simply continue to observe that incident or sensation piece by piece moving across body without waiting, All observations are OBJECTIVE with EQUANIMITY maintained.

.

Also, every observation of body parts is done piece by piece, inch by inch, sometime holistically and other times part by part, a few seconds here and a few seconds there keeping the scanning of the body part being observed all the time afresh.’ Move fast, do not be in one place for more than 2 seconds. Simply observe and take note of incidents through your inner vision that you found and move further down or up.

.

Sit in a STILL POSITION, with eyes closed, feeling the STILLNESS, ALERT TO ANY INCIDENT that may arise on body parts, and then move focus to

observe that incident affecting the body maintaining objective observation and absolute equanimity, till the maximum stillness has been achieved. DO NOT REACT TO ANY INCIDENT ET ALL, simply observe them and move further.
.
For example, in case of anxiety or panic or OCD symptoms, continue to observe TENSION or SENSATIONS that arises or builds up in the body on account of this anxiety or panic or OCD symptoms, and observe the tension or sensations affecting the body without giving any reaction, simply let inner vision walk over it during body scan, observe objectively and with equanimity, maintaining the calmness and stillness of mind and body. DO NOT REACT TO ANY INCIDENT, sensations, pain, etc. ET ALL, simply observe them and move further.
.
Continue to perform meditation on BODY SCAN a few times a day to bring mind and body to feel the STILLNESS that surrounds mind and body and calm down all types of bodily or mental formations.
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**** Transcending the material nature [Another perspective]; ** 23-June-2023**
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Monks;
The habit pattern must change from a desire to engage with 'material nature' that is the result of interaction with 6 sense media to 'LET GO OF them', and abandon them whenever they are felt.
Monks;
If we are depressed; because we have the desire to be depressed, feel sorry for ourselves.
If we are fearful; because we have a desire to be fearful,
If we are anxious; because we have a desire to be anxious,
.
But if we learn to LET GO OF material nature in all forms as soon as they are felt, and abandon them, then monks we have learned to TRANSCEND THE MATERIAL NATURE.
The desire to experience the material nature must be let go of with the knowledge that what is not visible, is NO-SELF, and can only be felt is an illusion and so the desire to experience or engage with them must be let go as soon as the material nature is felt in any form.
.
Monks;
.
Every time I feel the **ANXIETY**, and feel anxious, I remind myself;
Oh; this is just a 'material nature', the result of the interaction of 6 sense media.

And so Monks;
What is not visible and can only be felt, does not have a physical presence, and so the desire to experience or engage with them must be ‘let go’ as soon the material nature is felt in any form.
.
Every time I feel the FEAR, and feel FEARFUL, I remind myself;
Oh; this is just a 'material nature', the result of the interaction of 6 sense media.
And so Monks;
What is not visible and can only be felt, does not have a physical presence, and so the desire to experience or engage with them must be ‘let go’ as soon the material nature is felt in any form.
.
Every time I feel 'HUMILIATED or dishonored’ and feel DISHONORED, I remind myself;
Oh; this is just a 'material nature', the result of the interaction of 6 sense media.
And so Monks;
What is not visible and can only be felt, does not have a physical presence, and so the desire to experience or engage with them must be let go as soon the material nature is felt in any form.
.
Monks; This is how one shall TRANSCEND THE MATERIAL NATURE, guided by compassion and lovingness one shall stress to TRANSCEND THE MATERIAL NATURE in all forms.
.
.

DANCE OF consciousness and SOUL[□□□□□]/ consciousness produces SOUL, or SOUL[□□□□□] produces consciousness? Last Updated-August-8-2023

#VIPASSANA #buddha #SunilDudia #consciousness
#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia

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Monks;
Just as the mind, is the aggregate of 'total consciousness received from 6-sense media',

[□□□□□]/ATMA /or Soul is the aggregate of SELF or khanda's in PHYSICAL as well as NO-self form, (KHANDA's, form, feelings, perceptions, volitional acts), and this SOUL with SELF exists in material form (aggregates of physical elements of SELF-Body) and NO-SELF (aggregates of consciousness as MIND) form.

.

Monks, the Mind is no self and is visible to the inner vision as 'total consciousness received from 6-sense media',

.

Soul with acquired mind-body is no-SELF, but is visible as both, mind and body i.e, the "aggregate of SELF with physical elements (earth, water, fire, air, sky)"
along with the aggregate of SELF with no-SELF i,e, total consciousness until it has reached Nibbana,
And once SOUL and the underlying aggregate of SELF have reached NIBBANA where all the consciousnesses have been cleansed to blissful, then SOUL only exists as a BLISSFUL formless avatar with no underlying SELF after BODY is destroyed after death.

.

Both physical SELF (body)and no-SELF (mind) are destroyed upon death, but the "strongest CONDITIONED consciousnesses", with the underlying aggregate of SELF are carried forward to the next birth.

.

Just as a Chicken produces EGGS and EGGS, in turn, develop into another chicken;
Similarly, although a SOUL with "underlying SELF that has acquired MATERIAL FORM (BODY)", and "SELF that is no-SELF aka MIND aka (KHANDA's, form, feelings, perceptions, volitional acts)"
produces consciousnesses that are either conditioned or NOT Conditioned collected on account of interaction with worldly objects, and phenomena, that are in a state of flux.

.

The conditioned consciousnesses further, are able to carry forward underlying aggregates of SELF, that re-acquire the NEW MIND-BODY and thus,
dance of SOUL with underlying SELF and consciousnesses is carried on until the underlying SELF is CLEANSED to Blissful or Non-Conditioned.

.

CONCLUSION:
Thus, Monks, we can see that, although CONDITIONED consciousnesses are able to carry forward the 'CYCLE OF BIRTH and DEATH',
it is underlying AGGREGATES OF SELF belonging to the strongest conditioned consciousness that is carried forward to the next BIRTH by the holding entity aka SOUL which must acquire a new mind-body till all the underlying SELF is cleansed to BLISSFUL or UNConditioned.

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CONFUSION ABOUT SELF and No-SELF (World is an Illusion) / CONSCIOUSNESS
August 9-2023
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#VIPASSANA #buddha #SunilDudia #CONSCIOUSNESS

Monks;
There is widespread confusion about "what is SELF?" and "what is NO-SELF?"
.
Simply speaking "SELF", exists as both a physical form and a 'no-self' form, where the physical form can be experienced directly by 6 sense media, whereas the 'NO-SELF' form can only be experienced by MIND.
.
Monks, 'SELF' is "omnipresent', SELF exists either in physical form or 'no-self' form.
The ENTITY that holds the 'SELF', ie, ATMA/SOUL/□□□□□ exists as 'aggregates of SELF' [and SELF exists either in physical form or 'no-self' form.],
.
and, why are we sure that there is ATMA/SOUL/□□□□□ that holds SELF EXISTS?

.
Because MONKS; FORMLESS AVATAR can only be experienced once All the consciousnesses and underlying SELF has been cleansed to unconditional, and in THAT STAGE, SOUL/□□□□□ is able to DETACH itself from what was SELF that was in physical form [body] as well as NO-SELF[Mind] form.
THE SOUL/□□□□□ then exists as a formless-SELF (Godly) avatar, where physical self and no-self have been abandoned through the process of NIBBANA.
.
Monks, In LIVING BEINGS, 'FORMLESS AVATAR' can be experienced, once all the 6 sense media has been brought to STILL by TRANSCENDING MIND and MATTER(body),
and where one is able to show ABSOLUTE EQUANIMITY (No-Reaction) and Objective observation of mind-body-phenomenon in total.
.

'consciousnesses' is also 'omnipresent' and is NO-SELF i.e. what can only be experienced by the mind, but it has an underlying 'SELF' that exists either in physical form or no-self form or formless form as is visible to other entities.
.

Just like a MOVIE[consciousnesses] exists as no-self (FILM NEGATIVE, 'SELF as no-self form', as it needs a projector, just as consciousnesses need MIND to experience them) and can only be experienced through ANIMATED VISUAL form through a PROJECTOR DEVICE [MIND].
.
Monks; BEINGS have a physical SELF, and thus they can only see what is in PHYSICAL FORM, the no-self can only be experienced as consciousness by beings through MIND.
Thus, BEINGS have been given abilities to see what is the physical form through '6 sense media', and what is no-self through MIND; i.e; 'consciousness' can only be experienced through MIND.
.
Once BEINGS have cleansed all 'consciousness' to un-conditioned, achieved NIBBANA, then they can experience what is a 'FORMLESS avatar', and monks, in that FORMLESS AVATAR, beings experience the WORLD as FORMLESS, EMPTY, and thus 'ILLUSION of this EMPTY /VOID WORLD' that appears to have 'physical presence to BEINGS' is established.

.
Monks, there are consciousnesses that are IN-BUILT, and then there are consciousnesses that we collect or fabricate on a daily basis due to our interaction with worldly objects and phenomena that we encounter in our daily life.
Each consciousness has an UNDERLYING SELF, and this SELF is either in physical form or non-self form.
.
MOUNTAINS in a physical form have a 'SELF'
(such and such is its "FORM"(Body/Appearance}, Such and such is how its DISPLAYED to other entities as "FEELINGS", Such and such is "PERCEPTION" as evaluated by other entities], and such and such are the "VOLITIONAL ACTS", i.e. understanding of object as "MOUNTAIN" is ESTABLISHED here')
.
SEA in a physical form has 'SELF',
MOUNTAINS in a physical form have a SELF
(such and such is its "FORM"(Body/Appearance}, Such and such is how its DISPLAYED to other entities as "FEELINGS", Such and such is "PERCEPTION" as evaluated by other entities, and such and such are the "VOLITIONAL ACTS", i.e. understanding of object as "SEA" is ESTABLISHED here')

.
While 'SELF, that is physical BODY' exists as 5 physical body elements (Earth, water, fire, air, and sky) and can be displayed via 6 sense media;

'SELF that is non-self' exists/is recorded at their respective consciousness locations as (form, feeling, perception, volitional act) and is displayed only through MIND.

.

Consciousnesses are the aggregate of "SELF that is the physical body" as well as "SELF that is non-SELF".

.

Just as MOVIE exists as (COLORED DEVELOPED physical PHOTO, NEGATIVE FILM, and MOVIE)
in the same way, consciousnesses is RECORDED as; (SELF that is physical body [PHOTO's], Non-SELF at respective consciousness locations [NEGATIVE FILM], and consciousnesses[MOVIE])
and here, the non-self is displayed only as consciousnesses to the mind.

.

What this means is that although "SELF, that is physical body", exists as 'BEINGS',
the "SELF that is no-self format", is ALSO RECORDED as physical 'non-self formats' at their respective consciousness locations (eye consciousness, ear consciousness, nose consciousness, body consciousness, brain consciousness, tongue consciousness)

.

Thus monks, both the 'SELF that is a physical body' as well as 'SELF that is no-self format', BOTH exist in physical forms at their respective locations on the body, but no-self is displayed only through MIND.

..

BEINGS in a physical form have 'SELF'.
(such and such is its "FORM"(Body/Appearance}, Such and such is how its DISPLAYED to other entities as "FEELINGS", Such and such is "PERCEPTION" as evaluated by other entities, and such and such are the "VOLITIONAL ACTS", i.e. understanding of object as a "BEINGS" is ESTABLISHED here')

.

Monks, in all the above cases, MOUNTAINS/SEA/BEINGS, all have a PHYSICAL SELF, but only BEINGS have both Physical [body] as well as NO-SELF [mind].
And only BEINGS have the ability to experience multiple births through the 'VARIOUS BODY' they acquire due to the endless birth-age-death cycles they experience until they reach NIBBANA and achieve FORMLESS avatar.

.

BEINGS are able to go through multiple birth cycles as the HOLDING ENTITY aka SOUL/ATMA//□□□□□ continues to acquire a NEW BODY till all the consciousnesses and underlying NO-SELF has been CLEANSED TO UN-CONDITIONED and now exists in BLISSFUL FORM. And Monks,

and Monks; All the 'FIXED SELF' objects like MOUNTAINS/SEA/BUILDINGS/HOUSES/TREES do not need to go through

the process of Nibbana as they are already in tranquil form as non of them have 'CONDITIONED SELF' and hence, although, to a PHYSICAL BEING they appear as physical form, but to a FORMLESS AVATAR they also appear as FORMLESS.

.

This is how WORLD is experienced as VOID/EMPTY once BEINGS have transcended to formless avatars.
.
And Monks, Why do we all BEINGS feel CUT, wound, Fear, Anxiety, and Panic in the same way?
.
Because, as soon as these feelings are brought to the surface, respective DEFAULT/In-Built/DHAMMA[law of nature] 'consciousnesses' gets activated.
But Monks, the feeling of CUT is felt as NO-SELF, that means although the physical form of the CUT exists, the display of same to our inner vision is as no-self through MIND,
or exists only in the form of images or feelings, and what is no-self is just a display of underlying 'consciousnesses', consciousnesses of CUT in this case through the mind.
.
Monks, CUT is no-self, PAIN is no-self, the feeling of depression is no-self, and all the Images you see directly or indirectly are a no-self.
What this means is that, what you experience through direct 6 sense media, is EXPERIENCED only as no-self through MIND.
And what is NO-SELF, shall be TRANSCENDED as "MATERIAL NATURE" by knowing 'MIND as an ILLUSION' and 'BODY SENSATIONS as BUBBLES that are arising and passing' away at their exact arising location or at CONTACT with body and seeing all phenomenon as IMPERMANENT.

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Transcending MIND, BODY SENSATIONS
and PHENOMENON SIMPLIFIED - August-9-2023

#VIPASSANA #buddha #SunilDudia #CONSCIOUSNESS
#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia

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Bhikkhus,

This is a DIRECT PATH and explained in simplest ways, "how to TRANSCEND MIND, BODY SENSATIONS, and PHENOMENON".
.
Bhikkhus, Just like a SKINNED or WOUNDED COW is harassed by insects that pounce on it from all directions, and keep it distressed;
.
In the same ways, Bhikkhus; BEINGS are always under distress from "MIND" through painful thoughts that are past, present, or future, and also they are under stress by anxiety, fear, panic, and other MIND issues that keep arising, and passing away from time to time, keeping the being under stress most of the times.
.
And Bhikkhus, for those who are not harassed by MIND, there are "BODY SENSATIONS" in the form of PAIN/ITCH/CUT/WOUND/HURT, etc., and thus BEINGS are always struggling to maintain peaceful life;
And then there is "PHENOMENON" or WORLDLY INTERACTION over which NO BEINGS has any control, that arises and makes the BEING deal with them and interaction of which may cause distress and Misery.
.
Bhikkhus, here I shall give you a direct path to alleviate the misery caused by MIND, SENSATIONS, and Phenomenon.
.
For "MIND ISSUES"; Bhikkhus,
++++++++++++++++++++++++++++++
For 'mind issues', they create sensations on the body and further misery only if SADHAK was not alert and on arising of mental content in any form, and made the mistake of engaging with them.

What this means is that painful body sensations arise only if BEINGS make the mistake of engaging with 'mind issues' on their arising.
The best policy is to abandon them as soon as 'mental contents/issues' arise and must not be engaged with knowledge, 'MATERIAL NATURE that must be abandoned immediately without tempting to engage with them'.
.
Bhikkhus,, Just as, if a coming thief was 'SHOO AWAY' as soon as he tried to enter the house to steal;
in the same way, Bhikkhus, if one is alert to arising of MENTAL CONTENT such as FEAR, ANXIETY, PANIC, DISTRESS OF ANY TYPE, the feeling of DEPRESSION, the feeling of Humiliation, etc; and one then immediately classifies them as 'MATERIAL NATURE BORN of 6 sense media and worth not engaging in any form', thus they are abandoned immediately as soon as they are felt with the knowledge 'MATERIAL NATURE, let go of it'.
.
For "BODY SENSATION ISSUES"; Bikkhu's,
++++++++++++++++++++++++++++++++++++++

"BODY SENSATION ISSUES", are different from 'mind issues', as in this case MISERY IS ALREADY CAUSED AND IS BEING FELT CONSTANTLY on account of Itch/hurt/cut/wound/pain, etc, and although what MIND feels is 'NO-SELF', nevertheless they have to be dealt with differently.

.

Here, a SADHAK must be trained to 'IGNORE THE SENSTIONS', in the sense he must be trained "NOT TO start WALLOWING DUE TO EFFECT OF BODY SENSATIONS", but instead;

A sadhak MUST train them to "use the path of sensation to find exact contact location of the body part where sensations are alive and making contact with body surface",

and INSTEAD, OBSERVE "arising of sensation exactly at CONTACT where sensation touches body part affected by sensation due to hurt/misery of any type.

.

1) When a SMALL portion of the body part is inflicted:

All sensations have the feel of BUBBLES/vibrations that are arising exactly at CONTACT, where sensations make contact with the body surface in pain or hurt.

So although the feeling of SENSATIONS is causing misery if they are being felt away from their CONTACT LOCATION, the underlying bubbles or vibrations at the root of sensations are neutral,

and when one observes these sensations at the contact location, objectively and with equanimity, they are immediately relieved of misery caused by body sensations.

.

"The TRICK", is to get to the "ROOT of bodily sensation" and observe vibrations/bubbles that are felt "EXACTLY at CONTACT of sensation with body part" that is inflicted at present.

.

2) When the LaRGE Portion of the body part is inflicted

In the case where a LARGE PORTION of the body part is afflicted by hurt, several body sensations are arising and passing away, in that case, Bhikkhus, ANICCA, or ANITYA or impermanence principle must be applied to observe sensations.

Here, 'directed by the mind's eye or inner vision', "one selects one sensation at a time that has taken the attention of the mind" and then one reaches to the ROOT of this sensation where this sensation is making contact with skin surface afflicted by sensation, and then one observes bubbles/vibration at sensation's exact arising location at the root or where the body part is making contact with the sensation that are arising.

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Dealing with PHENOMENON or INCIDENTS that are in a
state of flux over which BEINGS have no control

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A SADHAK must take an oath, NOT to create CRAVING / AVERSION/ DELUSION (I, Me, MINE, and THEM) and CLINGING with respect to any phenomenon that he INTERACTS WITH as part of his day-to-day life.
After every interaction, a sadhak must investigate that his state of mind has not changed or is inflicted with any of the "CRAVING / AVERSION/ DELUSION (I, Me, MINE and THEM) and CLINGING"
.
A Sadhak must "mediate on BODY SCAN METHOD as described in my blog post previously" for a few minutes daily, to cleanse consciousness that has ignorantly been created as conditioned or afflicted after any interaction on day to day basis.
.
A SADHAK must take an oath to follow the "middle path", where he is neither affected by happiness nor affected by sadness, he remains undisturbed when humiliated and when he is respected.
He maintains EQUANIMITY and objective observation during all interactions of day-to-day life.
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ENDING OF DEATH AND BIRTH CYCLE
and walking towards the path to NIBBANA
SUMMARIZED in FEW LINES- August-10-2023
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#VIPASSANA #buddha #SunilDudia #consciousness #NIBBANA

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Monks; If you teach Bhikkhus and BEINGS; ALWAYS GUIDED BY COMPASSION AND LOVINGNESS, direct path to 'ENDING OF MISERY and walk towards NIBBANA';
.
For "MIND":
On "how to meditate on MATERIAL NATURE BORN OUT OF MIND and not worth any engagement", and letting go of it/them immediately, as soon as they are understood as "images, feelings, visual animation born out of mind'
.
For "BODY SENSATIONS":
On "how to 'MEDIATE ON CONTACT' where sensations are making contact with the body surface, that is inflicted at CONTACT", 'to observe sensations

at their exact arising', where they are alive and being felt as bubbles or vibrations;
.
FOR "PHENOMENON or INCIDENTS", BEINGS are made to interact on day to day life over which they have no control:
On how to "MEDIATE ON ENDING of 'DESIRE/AVERSION/Delusion [I, ME, MINE or EGO], and CLINGING or GRASPING' " toward EVERY INTERACTION that takes place in day to day life, and in the world of mind and matter they are CONTEMPLATED for impermanent (sensations or phenomenon; Shall pass soon), misery[that every new arising is a misery] and no-self (that everything born out of mind is void/empty)
.
Monks;
Teaching Bhikkhus and BEINGS; to be "ALWAYS GUIDED by COMPASSION AND LOVINGNESS"; one stresses towards "ENDING of passion/aversion/'delusion or EGO' and CLINGING or grasping" during or after every interaction in the world of MIND and MATTER;

.
Then I say, there is nothing much left to be said, 'for ENDING OF MISERY and ENDING OF DEATH AND BIRTH CYCLE and walking towards the path to NIBBANA'.
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FOR those who are trying to DECODE consciousnesses

and find ways to transport them to other BEINGS; August 15-2023

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#consciousness #BUDDHA #VIPASSANA
#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia

MONKS;

FOR those who are trying to DECODE consciousnesses and find ways to transport them to other BEINGS;

.

If there is a MAN 'STEVEN' who SEES another man and the interaction goes thus;

The other man says 'MY Name is John'

This interaction of other man is COGNIZED as consciousness as 'My Name os John' and upon seeing that man any time in future the same interaction is RELAYED BACK to STEVEN in the form of past memories.

.

NOW Monks;

.

Where does this interaction COGNIZE on NAME-FORM that is STEVEN who went through this interaction?

Venerable sir, At Eye-consciousness, at EAR-consciousness and at BRAIN-Perception of another man as 'John was cognised in brain'

.

And Monks; how is this interaction COGNIZED at various 6 sense locations?

in the form of NO-SELF; Venerable sir,

.

and monks, how can no-self be WITNESSED MONKS?

Through MIND, venerable sir, as MIND is an aggregate of total consciousnesses one has collected so far from birth till date.

.

Now if one is able to COPY THIS NO-SELF to another MAN 'DANIEL' and plant it as 'consciousnesses' at various 6-sense locations on his body,

and if this MAN DANIEL happens to see the other person 'JOHN",

Would DANIEL recollect the consciousness that is 'JOHN' although he never met him?

.

YES Venerable sir, as MIND is able to bring this consciousness from NO-SELF that is NOW already planted in the MAN-DANIEL,

Thus, HE SHALL BE ABLE to recognise the other MAN 'JOHN;

.

Monks, this is how consciousnesses can be passed from ONE BEING to ANOTHER.
.
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#DIABETES-TYPE-2 #SCAM #CHALLENGE // DIABETES-TYPE-2 is a SCAM - August 16-2023
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#DIABETES-TYPE-2 #SCAM #CHALLENGE

#DIABETES-TYPE-2 is a SCAM.

I DO NOT BLAME DOCTORS HERE. It is the evil design of pharma that is questionable here.

#DIABETES-TYPE-2 is sustained through the very PILLS that you take to MANAGE IT.

.

I am not a doctor, but I have researched the anatomy and functioning of pills they prescribe, and have been able to make a few in my circle including my brother QUIT the diabetes medicines,

and encouraged them to approach "the line of treatment as per AYURVEDA methods which treat the issue from the root"

.

My Brother has not taken diabetes tablets in the last 6 years now after he quit them, and trust me no one in my family will ever take any of the allopathic medicines "that are nothing but a scam", for life.

.

ALLOPATHIC MEDICINES ARE DESIGNED TO MAKE THE ISSUE PERMANENT FOR WHICH YOU GO TO THE DOCTOR.

ASTHMA, COLD COUGH, GASTROPARESIS aka hyperacidity, and diabetes type-2 are artificially sustained and managed through the very pill that they prescribe.

.

AGAIN; I DO NOT BLAME DOCTORS HERE. It is the evil design of pharma that is questionable here.

.

If any #DOCTOR wants to challenge me on this, they are welcome.

.

YOU GIVE me 10 DIABETES Type-2 patients, and if they quit medicines in a few weeks, then you shall be able to accept that

"YES DIABETES-TYPE-2 is a SCAM", and you shall never ever prescribe diabetes-2 medicines to any patient for life.
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NEW FINDINGS on dealing with MENTAL CONTENTS and BODY SENSATIONS -Aug-17-2023 at 11:55 PM

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#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia

Monks;

Mental contents', in the form of FEAR, ANGER, PANIC, PHOBIA of any kind, the feeling of DEPRESSION, the feeling of humiliation, the feeling of disrespect, and so on ARE NO-SELF;

BODY SENSATIONS like ITCH, TINGLING, CUT, and PAIN are also NO-SELF,

.

What do we fabricate Monks?

We fabricate AFFLICTED or CONDITIONED **CONSCIOUSNESS monks; CONSCIOUSNESS that are afflicted by craving/ aversion/ delusion and clinging. And monks; all afflicted CONSCIOUSNESSES arise, persist for a while, and cease as per the law of nature until they are cleansed of their affliction.**

And how do we cleanse AFFLICTED or CONDITIONED **CONSCIOUSNESSEs monks?**
By not reacting to them when they arise next time.

we fabricate itch CONSCIOUSNESS, FEAR CONSCIOUSNESS, ANGER CONSCIOUSNESS, PHOBIA CONSCIOUSNESS, cut CONSCIOUSNESS, pain CONSCIOUSNESS, and so on.

But Monks; "CONSCIOUSNESS thus collected as an outside entity", and not I, ME, or MINE. CONSCIOUSNESS that was collected over the year are merely possessions that we accumulated over the year out of ignorance.

.

As soon as afflicted CONSCIOUSNESSEs in the form of mental contents or body sensations arise, monks; we shall see them as outside entities that we have collected in the past or present, and must learn to observe them OBJECTIVELY (detached entities, not I, Me or MIne) and EQUIPOISED [No-Reaction-Whatsoever].

.

Monks; MENTAL CONTENTS and BODY SENSATIONS, both are CONSCIOUSNESSES that arise from time to time. They are separate entities designed by the law of nature to arise and cease from time to time.

.

'Mental contents', in the form of FEAR, ANGER, PANIC, PHOBIA of any kind, the feeling of DEPRESSION, the feeling of humiliation, the feeling of disrespect, and so on;

Mental Contents are a NO-SELF, i.e. they do not have a physical existence, are merely an illusion, "but MENTAL CONTENTS only affect you and create body sensations in the form of chills, sweat, etc., if out of ignorance you choose to engage with them.

.
Dealing with MENTAL CONTENTS is the same as, "IF ONE SEES A SNAKE who has not bitten or harmed the SADHAK yet", and then out of ignorance one tries to engage with the SNAKE and gets ACTUALLY bitten by it.

Upon their arising ALL MENTAL CONTENTS shall be classified as 'MATERIAL NATURE NOT WORTH ENGAGING', as '**how can one engage with something that is merely an illusion, a RELAYED BACK CONSCIOUSNESS?**'

.

Similarly, Monks; BODY SENSATIONS like ITCH, TINGLING, CUT, and PAIN are also NO-SELF, "RELAYED BACK CONSCIOUSNESSES, merely an illusion", but in this case, sensations are already 'creating an illusion of

BODY GETTING AFFECTED' by sensations that are alive in the present moment at different parts of the body.

Monks; the feeling of BODY GETTING AFFECTED BY SENSATION is merely an illusion, RELAYED BACK CONSCIOUSNESSES;

And just like as in the above example of a SNAKE, "one sees a SNAKE and THEN OUT OF IGNORANCE, THE SADHAK ASSUMES that SNAKE has ALREADY bitten him", and so by the volitional act (physical), one tries to engage with the SNAKE, and in the process ACTUALLY GETS BITTEN BY THE SNAKE.

.

Thus Monks, in both the cases above, the feeling of MENTAL CONTENTS and the feeling of BODY SENSATIONS, both are NO-SELF, DO NOT HAVE A PHYSICAL PRESENCE, merely an illusion, and if a SADHAK has learned NOT TO ENGAGE with them with the knowledge that 'what is merely an illusion, images, a RELAYED BACK CONSCIOUSNESS', thus abandoned dealing with them, let go of them as soon as they are understood as just a material nature in the form of 'CONSCIOUSNESS' that has arisen to take your attention, and with this knowledge the SADHAK DOES NOT REACT by any of the volitional act of physical/verbal or mental;

Then I say; SADHAK has TRANSCENDED both MIND and MATTER, in terms of dealing with AFFLICTED CONSCIOUSNESSES that arise, persist for a while, and ceases as per the law of nature and a SADHAK simply observes them, classifies them as material nature and does not react in any way.

.

And Monks, what shall BEINGS do when afflicted by MENTAL CONTENTS and BODY SENSATIONS in real-time, during an attack by an animal, or cut by the blade, when there is the "actual physical presence" of an entity or a name-form or object, which is the cause of arising of MENTAL CONTENTS and BODY SENSATIONS?

.

Monks; here, the ACTUAL PHYSICAL BODY is involved which is not merely an illusion or CONSCIOUSNESS, and in that case, BEINGS shall not take the phenomenon of real attack as merely an illusion; they shall make all efforts to make them safe first, and then deal with mental contents and body sensations as described in the methods above.

.
PS:

CORRECTION ADDED for REAL TIME Incidents of mental content and body sensations being created on account of interaction in present moment:

.
When affected by body sensation like CUT, Any type of PHYSICAL HURT to body parts, or when affected by mental contents like FEAR/Panic/Phobia due to any incident happening in real time at present moment, sadhak shall behave in following manners:

.
As we already know that CONSCIOUSNESSES that are conditioned or afflicted are the real cause of future arising of the same as they were FABRICATED IN REAL TIME without being an objective observe and were not witness EQUIPOISED;

Hence, a SADHAK must observe these as an OBJECTIVE OBSERVER and EQUIPOISED, i.e. shall not give any reaction of aversion to them as the sensation are arising and passing away in real time due to any type of hurt. Equanimity and detached unemotional observation shall be practiced for the sensations and metal contents that are arising in real time.
.
When affected by sensations AT SPECIFIC BODY PART due to REAL TIME incidents happening at present moment as new incidents of cut or hurt, sensations shall never be ignored but must be observed through mind's eye or inner vision as an objective observer and with perfect equanimity[no-reaction of aversion].
.
When affected by sensations across the body, sadhak shall do quick body scan through mind's eye within seconds scanning top of head to bottom feets, making sure to walk their inner vision over every incident or sensation that is affecting the body as described in my previous blog post on 'how to meditate on body scan'

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IF MIND is NO-SELF and BODY SENSATIONS are also NO-SELF, then why do they behave, or are experienced, differently? - NO-SELF (Physical SELF) V/S NO-SELF (NO-SELF) - August-19-2023

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NO-SELF (Physical SELF) V/S NO-SELF (NO-SELF) - August-19-2023

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MONKS;

IF MIND is NO-SELF and BODY SENSATIONS are also NO-SELF, then why do they behave, or are experienced, differently?

.

Monks; CONSCIOUSNESSES are either created in real-time or in the form of past creations, but whether mental content or body sensations, both are RELAYED BACK CONSCIOUSNESSES, i.e. if fear arises, it is experienced in the form of CONSCIOUSNESS that exists on account of fear type, similarly with BODY PARTS INJURY, again, FIRST NO-SELF is created out of INJURY and is then RELAYED BACK as CONSCIOUSNESSES of injury type.

Monks; The SENSATIONS brought about by ARISING OF FEAR/ PHOBIA/ ANGER / PANIC which are MENTAL CONTENTS are felt as CHILLS, SWEAT on different parts of the body, but they "DO NOT GIVE TRAUMA" as experienced in physical injury;

Whereas Monks; The SENSATIONS brought about due to CUT/ HURT / INJURY/ ITCH/MOSQUITO BITE aka "PHYSICAL INJURY", are felt as per the effects or type of an injury, but "THEY DO GIVE TRAUMA" as experienced in a physical injury;

.

This is because SENSATIONS brought about due to engagement with MENTAL CONTENTS create NO-SELF at their respective body locations where they were felt on different parts of a body. What this means is that chills/ sweat CONSCIOUSNESSES with UNDERLYING NO-SELF were created at different parts of the body where they were "felt out of MENTAL CONTENTS (fear, anxiety, etc.)" which themselves are NO-SELF which have no physical existence.

Similarly, SENSATIONS brought about due to engagement with PHYSICAL DAMAGE on the BODY PART due to cuts or any injury created NO-SELF at their respective body locations where they were felt on different parts of a body. What this means is that INJURY CONSCIOUSNESSES with UNDERLYING NO-SELF were created at different parts of the body where they were "felt out of BODY PART INJURY like cut, hurt, etc.), thus they were born out of SELF which exists in a physical form.

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THUS, 'BODY SENSATIONS' created due to mental contents are born out of no-self (mind is no-self), which has no physical existence but exists as no-self, while 'body sensations' due to physical damage to body parts are NO-SELF but born out of SELF which is physical in nature.

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MENTAL CONTENTS have underlying NO-SELF but their origination is MIND which is NO-SELF, whereas body injuries also have underlying NO-SELF but their origination is SELF which is physical in nature generally 5 elements (earth, water, fire, sky, and air),

Therefore Monk's, S**ENSATION brought about / or created on body parts due to engagement with MIND or MENTAL CONTENTS** have a BASE which itself is NO-SELF (created by mind), and hence they are experienced as visual animation or images or felt without experience of physical hurt, **as their origination has roots in a NO-SELF which is 'NON-physical' in nature.**

Whereas, **SENSATION brought about / or created on body parts due to engagement with PHYSICAL INJURY** have a BASE which itself is SELF (physical damage on body part), and hence they are experienced as injury or physical hurt, **as their origination has roots in a SELF which is 'physical' in nature.**

.

CONCLUSION:
mental contents create body sensations that are NO-SELF and are born out of NO-SELF (fear is no-self, anxiety is no-self) and hence are NOT experienced as physical injury but are felt through MIND which although is NON-SELF but is aggregates of SELF that is 5-KHANDA (form, feelings, perceptions, volitional acts or reactions) that exists as non-self

Physical injury or hurt also creates Body SENSATIONS in the form of NON-SELF, and they are experienced as physical injury, as they have a base in physical SELF which is SELF in the form of 5 physical elements (Earth, fire, air, sky, water).

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Thus,

CONSCIOUSNESSES created on account of mental content or physical injury are RELAYED BACK as NO-SELF but experienced either through the

mind "**which is non-self"** or through body sensations which have a base in SELF which is "**NOT NON-SELF"**

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Concept of No_Self/ANATTA and SOUL -
Is CONFUSION on the "existence of SOUL" VALID? August 19, 2023

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#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia

Monks;

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BY Some SECTS; The example of an Apple with seeds giving re-birth to another apple tree is taken to explain the "concept of ANATTA or No-Self" and that there exists "NO SOUL" and it is the "JOURNEY OF AFFLICTED or CONDITIONED CONSCIOUSNESSES", that is the cause of the continuation of BEINGS towards several cycles of re-births.

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Now Monks;

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The SELF exists in both PHYSICAL FORM and NON-PHYSICAL (NON-SELF) forms.

The SELF in physical form has physical elements (Earth, fire, sky, air, and water) as well as NON-PHYSICAL-FORM (non-self) elements (form, feeling, perception, volitional acts, CONSCIOUSNESS)

.

Thus Monks; BEINGS, PLANTS, INSECTS, and ANIMALS exist in SELF that is in physical form. Thus monks, TREES, MOUNTAINS, SEA, and EARTH have SELF in the form of elements of SELF that are PHYSICAL in nature with physical elements (Earth, fire, sky, air, and water)

But there are ENTITIES Monks; like BEINGS/HUMANS who have "BOTH SELFS", 'SELF that is Physical form' as well as 'SELF that is Non-SELF form'.

..

Apple TREE has a SELF that is physical in nature thus it can be said Apple Tree is made of PHYSICAL ELEMENTS OF SELF (Earth, water, air, fire, and sky) and thus APPLE SEEDS giving re-birth to another apple tree is the same as Humans producing other humans by way of copulation. This is just a physical form that is producing another physical form through the SEEDS (apple) and Seeds (Sperm in the case of humans).

Monks; THIS IS NOT CONTINUATION OF SAME ENTITY; but ANOTHER PHYSICAL FORM (New apple tree) produced by the previous physical form (previous apple tree's apple seeds).

.

Monks, BUT BEINGS apart from having a PHYSICAL SELF; ALSO have SELF that is NON-SELF and BEINGS also have the ability to COLLECT CONSCIOUSNESSES that are conditioned or afflicted and Monk's, CONSCIOUSNESS is NON-SELF.

Thus, to take an example of APPLE which is the Physical SELF-producing another physical SELF in the form of the apple tree and subsequent apples, can not be compared with what is NON-SELF and is non-physical in nature.

At the time of death of an apple tree; If the apple tree perishes along with Apples and conditions are not correct for apple seeds to re-produce the tree, then that is the end of the apple tree. The apple tree's physical form can be carried forward with apple seeds, but they produce another and similar physical form in the case of the apple tree.

At the time of death, in the case of BEINGS; the PHYSICAL SELF that is made of (Earth, fire, sky, air, and water) perishes, but NON-SELF is carried forward to the next birth only if the non-self is conditioned or afflicted and so it needs to acquire new body so that it can get chance to heal or cleanse itself from the cycle of births and death. But if the NON-SELF is blissful and not conditioned then it can exist as ETERNAL FORM-LESS AVATAR.

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Now Apple tree gets re-birth as the same apple tree in the same physical form, while the afflicted and conditioned non-self in the case of BEINGS acquires another body and continues the journey with a new physical SELF and new - NON-SELF along with carried forward NON-SELF from previous births, and monks, that is only possible if previous non-self is collected as an entity and that has to be ETERNAL SOUL or has an ETERNAL FORM that

can acquire new mind-body till it has been cleansed of all conditions of re-birth

.

CONCLUSION:

Monks; therefore, the example of Apple seeds producing another apple tree that exists as SELF in physical form is NOT VALID COMPARISON to what is NON-SELF part of BEINGS/HUMANS that is carried forward to the next birth with the help of ETERNAL entity aka SOUL.

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At What point 'CONSCIOUSNESS' is created- August 20-2023

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#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia

Monks;

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- 12 DEPENDENT LINKS:
The Noble Truth of the Extinction of Suffering is explained by the formula of Dependent Origination:
Reverse Order of Dependent Origination to explain the Cessation of Suffering
.
i) Without Ignorance, there are no Volitional Activities (formations).
ii) Without Volitional Activities (formations), there is no Consciousness.
iii) Without Consciousness, there is no Mentality and Matter.
iv) Without Mentality and Matter, there are no Six Sense Bases.
v) Without the Six Sense Bases, there is no Contact.
vi) Without Contact, there is no Feeling.
vii) Without Feeling or SENSATION, there is no 'Craving'. (THIS SENSATION, is the link between mind and body)
viii) Without Craving, there is no Clinging [perception of feeling is getting strong here]

ix) Without Clinging, there is no Becoming. [misery is in incubation mode, like a child in the womb]
x) Without Becoming, there is no Birth. [Birth of a misery]
xi) Without Birth, there is no Decay, Death, and Suffering.
.
What is the conditioned arising method?
Ans: Conditioned by ignorance are the formations; conditioned by the formations, consciousness; conditioned by consciousness, name-form; conditioned by name-form, the six-sphered-sense; conditioned by the six-sphered-sense, contact; conditioned by contact, feeling [sensation]; conditioned by feeling, craving; conditioned by craving, clinging; conditioned by clinging [[perception of feeling is getting strong here] becoming. [misery is in incubation mode, like a child in the womb], conditioned by becoming, rebirth [Re-Birth of a misery]; conditioned by rebirth, decay, death, sorrow, lamentation, pain, grief and despair spring up. Such is the origin of this entire mass of ill

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As per the law of dependent origination [12 DEPENDENT LINKS] ;

Ignorance is the cause of FABRICATION or VOLITIONAL ACTS (Mental, verbal, and physical).

AND 'What is IGNORANCE' MONKS?

When the SADHAK was not alert enough to 'NOT CREATE' craving/aversion/delusion and clinging in response to all or any interaction towards all PHENOMENON one faces in day to day life.

.

MONKS, CONSCIOUSNESS is already created at the 'CONTACT' LINK at '12-dependent origination', but this CONSCIOUSNESS is 'not yet afflicted or conditioned'. The BEING has made CONTACT with NAME-FORM or other objects which may turn into CRAVING and subsequent clinging, becoming and birth.

The CONSCIOUSNESS created at CONTACT level in dependent link, is said to be conditioned or afflicted once it has reached Craving, Clinging, 'becoming' and reached the step of 'birth' at '12-dependent origination'.

But if there was CONTACT, which did not turn into Craving, in that case monks, there is a CONSCIOUSNESS that exists and is unconditioned and un-afflicted or neutral.

Thus Monks, VOLITIONAL ACTS are the cause of the CREATION OF CONSCIOUSNESSES IN PRESENT BIRTH, while the STRONGEST DESIRES/CRAVINGS for which volitional act does not exist, have not taken birth yet in PRESENT NAME-FORM existence or existing birth of name-form may be carried forward to next birth.

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if there is CONSCIOUSNESS then there is NAME-FORM

and NAME-FORM is also the cause of CONSCIOUSNESS (Reverse is also true)

And so on.

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Now Monks;

Once any afflicted or conditioned CONSCIOUSNESS is created, it must ARISE, PERSISTS FOR A WHILE, and CEASE as per the law of nature.

But monks, CONSCIOUSNESS can not work on its own, it needs mind-body to establish itself.'

.

Thus, if a volitional act resulted in the creation of CONSCIOUSNESS, and CONSCIOUSNESS was the result of ignorance by NAME-FORM, then this means NAME-FORM aka MIND-BODY is already acquired by CONSCIOUSNESS and in that case the 'BIRTH OF A MISERY' aka 'new afflicted CONSCIOUSNESS'. has already taken place in the 'EXISTING BIRTH OF NAME-FORM'.

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Bur Monks; ONLY THE "STRONGEST DESIRES/CRAVINGS where volitional act has not yet taken place" or "CONSCIOUSNESS afflicted or conditioned by CRAVINGS/Aversions/delusions/clingings" shall be carried forward to the next BIRTH for its resolution towards blissful, unconditioned CONSCIOUSNESS, and given chance to cleanse their affliction in next birth ;

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MEDITATING ON DIS-ENGAGEMENT / SECLUSION from WORLD of the MIND [thoughts/6-senses] and MATTER [Body Sensations] and BARE MINIMUM Attention towards PHENOMENON EXPLAINED - August-24-2023

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#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia

"LAW of DIS-ENGAGEMENT from MENTAL CONTENTS and BODY-SENSATIONS and maintain all the mind-fullness on the body scan all the time 24/7"

Monks;

If we are a SOUL/ATMA and not the mind-body, and ATMA or SELF is ETERNAL and BODY is just an acquired possession for the existing birth, Then why does ATMA/SOUL/SELF feel PAIN/MISERY experienced by the BODY?

.

The explanation given in Bhagavad Gita as I understood is that the SOUL covered by 6-sense media, and directed by lust/desires/delusions and clingings has forgotten that "I am not mind-body but the SOUL'. And it is the job of the SOUL/ATMA/SELF to re-discover itself as a PURE/Blissful SOUL or ATMA. Hence, it goes through CYCLES OF BIRTH AND DEATH and RE-Birth until the SOUL has been cleaned of all the CONSCIOUSNESS it has collected over several births conditioned by desire/aversions and delusions.

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Monks; one who disengages from 6-senses/ 'attends to the phenomenon with just bare minimum attention', maintaining their seclusion all the time in the world of mind and matter, and to do so a SADHAK ALWAYS disengages from thoughts/6-senses/BODY SENSATIONS as soon as they appear and continues to SCAN THE BODY through inner vision or mind's eye, moves the inner vision from TOP of the head to the BOTTOM feet; and if there are any incidents happening on the body, a SADHAK makes sure to

walk their inner vision over those without waiting even for a second, simply walks their inner vision over them while scanning the body top to bottom.

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A SADHAK thus continues to perform body scans through the inner vision in this way all the time, walking, sitting, sleeping, and whenever there is a need to DIS-ENAGE from the phenomenon/mind and the body sensations.

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When a SADHAK sees FEAR arising, he immediately dis-engages from the feeling of FEAR; and brings all his mindfulness and concentration to attend to scanning the body top to bottom, scanning the body within seconds, traveling their inner vision on the body, top to bottom front side, bottom to top reverse, top to bottom and reverse back side, sideways (never in circles or zigzag), but in doing so he makes sure to walk their inner vision on body sensations created by FEAR on the body.

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When a SADHAK sees ANXIETY arising, he immediately dis-engages from the feeling of ANXIETY; and brings all his mindfulness and concentration to attend to scanning the body top to bottom, scanning the body within seconds, traveling their inner vision on the body, top to bottom front side, bottom to top reverse, top to bottom and reverse back side, sideways (never in circles or zigzag), but in doing so he makes sure to walk their inner vision on body sensations created by ANXIETY on the body.

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When a SADHAK FEELS the ITCHING body sensations, he immediately dis-engages from the feeling of ITCHING; and brings all his mindfulness and concentration to attend to scanning the body top to bottom, scanning the body within seconds, traveling their inner vision on the body, top to bottom front side, bottom to top reverse, top to bottom and reverse back side, sideways (never in circles or zigzag), but in doing so he makes sure to walk their inner vision on body sensations created by ITCHING on the body.

.

When a SADHAK FEELS the PAIN body sensations, he immediately dis-engages from the feeling of the PAIN; and brings all his mindfulness and concentration to attend to scanning the body top to bottom, scanning the body within seconds, traveling their inner vision on the body, top to bottom front side, bottom to top reverse, top to bottom and reverse back side,

sideways (never in circles or zigzag), but in doing so he makes sure to walk their inner vision on body sensations created by the PAIN on the body.

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CONCLUSION:

A SADHAK continues to SCAN the body through inner vision, immediately dis-engages from any mind-body phenomenon that he experiences in day-to-day life, and thus, trains himself to dis-engage or seclude themselves immediately from what is just a NO-SELF (mind is no self, body sensations are no-self/void/empty) and continues to attend to the phenomenon of life with just bare minimum attention, maintaining mindfulness on seclusion in the world of mind and matter every second through the LAW of DIS-ENGAGEMENT from MENTAL CONTENTS and BODY-SENSATIONS and maintain all the mind-fullness on body scan all the time 24/7.

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PS:

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All observations are OBJECTIVE (detached unemotional observation) with absolute EQUANIMITY[no reactions whatsoever] maintained, eyes closed, and ‘inner vision or mind's eye’ is used to scan the body part.

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ALL OBSERVATIONS are done with EQUANIMITY [No Reaction] and Objective observation [Detached, un-emotional observation of sensations-phenomenon, and mind]

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2-BREATHING EXERCISES you must do daily -
for Strong LUNGS/HEAD Area/ To keep your EYE vision fit/To avoid DOUBLE CHIN and to avoid THYROID ISSUES Or to JUST REMAIN FIT and oxygenated ALWAYS- Aug-26-2023

==========

Breathing disorder, hyperventilation, and bronchial path disorder are responsible for cold/ cough / Asthma/ Anxiety issues. If one works to open up the entire bronchial path with the help of breathing exercises that oxygenate the body along with DILATING the bronchial path will help eliminate the Asthma issues in just a few weeks or months.

Normally a breathing disorder,

Hyperventilation causes anxiety/cold-cough issues:

** ONE MAY STOP MILK CONSUMPTION TO STOP COLD COUGH ISSUES **
** Black Tea/Black Coffee [too much black coffee causes anxiety issues in me], CURD/PLAIN YOGURT/BUTTERMILK IS OK **

** NONE of breathing exercises shall be done when in MOTION or WALKING.

** ALL Breathing exercises are done in sitting or standing still or motionless positions only

** Never Inhale through your mouth and always keep your mouth shut when doing breathing exercises.

** Perform Breath exercises 1 and 2 daily once in the morning to remain fit always.

==== [Breathing exercise-1]
EXHALE/HOLD/Release hold and Natural breath]

Breathing exercise for Cold/Cough/ Asthma/ Remove belly Fat/ Remain Fit

==========

This breathing exercise shall be done daily and shall help you remain fit and always oxygenated and never you will have belly fat ever, even after eating frequent meals every now and then.

SIT/STAND in a relaxed upright motionless/still position. Keep your mouth shut. Let natural breath happen for 10-20 seconds

.

Always start breathing exercises with EXPLICIT EXHALE first.

.

Any time AFTER ‘next EXHALE’, HOLD or PINCH your NOSE with index and thumb fingers, keeping your mouth shut,

.

Start counting inside head, 1001, 1002, 1003 ….. (1001 = 1 second)

.

HOLD TILL MAXIMUM till the time you cannot hold anymore. (You must increase your hold time gradually to a minimum of 45 seconds or more as per your lung power)

.

Always, YOU MUST Hold Breath till STRONG URGE TO BREATH again.

.

Once you feel the urge to release the nose after a minimum of 45 seconds of breathing hold, you can release the nose and let a natural inhale exhale happen for at least 45 seconds to 1 minute

.

YOU MUST NEVER TRY TO REGULATE THE BREATHE, all breathing shall be natural. Keep your mouth shut always.

.

Repeat the above steps at least one more time.

========== [Breathing exercise-2]

This breathing exercise shall be done daily even if one is not having any issues, will help you remain fit and always oxygenated in the head area.

Breathing exercises for the Head Area, to keep your eye vision fit, avoid double Chin, and avoid thyroid issues

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STAND in a relaxed upright position and let natural breath happen for at least 10-20 seconds.

.

Do regular natural breathing and do an EXPLICIT EXHALE

.

Any time AFTER ‘next EXHALE’, HOLD or PINCH your NOSE with index and thumb fingers, keeping your mouth shut, Bending down slowly,

.

Bend down SLOWLY,

Bend over from the waist, head lowered, knees slightly bent. While you are bending in this position, you may find your head just near or above the knees. Bend down SLOWLY in such a way that EARS Don’t POP-UP.

.

While you are in this lowered position, you will feel a strong pulsation of blood in your head, eyes, mouth, and tongue, and a flushed feeling from your chest to the top of your head.

.

Start counting 1001, 1002, 1003 .....

.

HOLD TILL MAXIMUM till the time you cannot hold anymore. (You must increase your hold time gradually to a minimum of 30-45 seconds)

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YOU MUST HOLD TILL STRONG URGE TO BREATH.

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Finally, slowly straighten/stand up,

Come back to a standing position, Release your nose, and keep your mouth shut. Let the natural breath happen for at least a minute.

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You may Repeat the above steps one more time after a wait of 1 minute.

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Dealing with BODY SENSATIONS-
BODY SENSATIONS BORN OUT OF NEW CONTACT or OLD CONTACT- Aug-26-2023

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#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia

Monks;
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ANY CONSCIOUSNESS Born out of CONTACT with MIND-BODY is a 'MATERIAL CONSCIOUSNESS'. 'MATERIAL CONSCIOUSNESSES' are collected either as SANKHARA/MENTAL DEFILEMENT/CONDITIONED or Inflicted/ or as NEUTRAL/Blissful. A CONSCIOUSNESS is said to be conditioned when it is inflicted with Desires or Longings/Aversions/Delusions/Clinging. BEINGS collect CONSCIOUSNESSES either in the form of Body Sensations or as NO-self that can only be experienced by the mind.

.

A BEING who continues to collect such ''CONDITIONED MATERIAL CONSCIOUSNESSES', gets CLOUDED by their existence and then forgets that he is a SOUL and not the material existence as he believes it to be. Therefore, in order to live a BLISSFUL existence, all SANKHARA'S/Mental Defilements born out of observation that was NOT EQUIPOISED and NOT

Objective, must be cleansed by meditating on BODY SENSATIONS on the body as 'BODY SCAN METHOD' as described in my previous blog posts.

.

Now Monks; BODY SENSATIONS are either BORN OUT OF NEW CONTACT or OLD CONTACT;

.
Although BODY SENSATIONS ARE NO-SELF, ie. they are projected or relayed back 'CONSCIOUSNESSES'; nevertheless, they must be observed similarly, in the same way, so that they are created without any SANKHARA or mental defilement.

.

When body sensations like PAIN/HURT in any form/ITCH/Tingling pain/Tingling itch/Mosquito Bite etc. ARISE, a SADHAK MUST REMEMBER that GOLDEN RULE of observation; i.e. to observe all body sensations EQUIPOISED/ with absolute equanimity [No Reaction WhatSoEver] and with objective observation [Detached, unemotional observation] seeing body sensations as outside entities that have just arisen to take your attention, but if this attention is not equipoised or not objective, then we are going to have them resident in the form of misery and not in neutral form, if we were alert enough to observe them as mentioned above.

.

All BODY SENSATIONS are observed at their CONTACT where they are arising from the body part inflicted in any form. If there are several body sensations alive when a large portion of the body part is alive sensations, then one moves their inner vision from one body sensation at the contact to the next body sensation at the contact surface of the body, as directed by the mind within the inflicted body part area, meaning, we will not select the sensation, but let the mind direct us to attend to one sensation at a time that is naturally taking attention by mind, one at a time. All observations of the body sensations are done with inner vision or the mind's eye and sometimes with the direct eye if the hurt body portion is visible and open in front of you, maintaining absolute equanimity and objective observation.

.

WHETHER THE BODY SENSATION IS BORN OUT OF OLD CONTACT [Old hurt causing body sensations every now and then] or NEW CONTACT [newly hurt], the observation must be EQUIPOISED and OBJECTIVE and

NOT WITH INTENT TO SHOO AWAY THE SENSATION that is alive in the present moment.
.

The Body sensation like ITCHING tells you that if you do any volitional act [like scratching the skin surface] with intent to shoo away or remove me. then I shall come back to haunt you with more intensity next time when I arise again. Therefore it is to your own benefit to observe the body sensation of itching at their contact, equipoised and objectively, as mentioned above till it has mellowed down so that it does not arise again or shall arise again with lower intensity and as you continue to observe it equipoised, it wears away after few arisings.

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CONCLUSION:

All body sensations must be observed at their exact CONTACT location on the inflicted body part, where they are arising and passing away, and all observations must be equipoised and objective.

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If there are several body sensations alive when a large portion of the body part is alive sensations, then one moves their inner vision from one body sensation at the contact to the next body sensation at the contact surface of the body, as directed by the mind within the inflicted body part area, meaning, we will not select the sensation, but let the mind direct us to attend to one sensation at a time that is naturally taking attention by mind, one at a time.
.
All observations of the body sensations are done with inner vision or the mind's eye and sometimes with the direct eye if the hurt body portion is visible and open in front of you, maintaining absolute equanimity and objective observation.
.

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SELF REALIZATION - Today August 30-2023;
MARKS the FIRST DAY of SELF REALIZATION,
After 4 years of constant experiments on mind-body,
and spiritual science experiments on my body.

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Monks;

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Today, August 30-2023; MARKS THE FIRST DAY OF "SELF REALIZATION" after 4 years of constant experiments on mind-body, my body.

.

But the SELF accumulates all the MATERIAL BODY information as NO-SELF, and just like there is a NAME-FORM [aggregates of material body 6 sense media in physical form] that defines the material body, there is a SELF-FORM (SOUL-aggregates of SELF in NO-SELF form) that defines the SELF that drives this material body in the existing birth.

.

Now I understand, that when "the blessed one" said that sensations are the LINK between MIND and MATTER; he actually meant that SENSATIONS are the LINK between the SELF-FORM and the 'material body' that is driven by the SELF.

.

While the inflicted/hurt material body continues to send signals to the Brain for the arisen affliction, it is the SELF that COGNIZES the affliction as NO-SELF and drives the reaction of the affliction or the response towards the affliction on the material body.

.

Thus, I am not the eye, not the ear, not the tongue, not the body, not the brain, not the nose is ESTABLISHED; as it is the COGNIZED SELF that RESPONDS in reality towards these material sensations.

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THE SELF-FORM that DRIVES the 'MATERIAL BODY' and upon the destruction of the material body after death, accumulated SELF in existing birth along with the SELF-FORM with acquired knowledge continues the journey towards the next birth with the new body.

Thus; if we are able to take a DIP INTO THE SELF which has accumulated over the several births, there is a good chance of SELF REALIZATION of this birth and past births.

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HOW are sensations and feelings projected

on to the material form (BODY)- Aug-30-2023

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Monks;

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let's say, there is CUT on the body part, The CUT DAMAGE signals are first sent to the brain, and these signals are then transformed into NO-SELF, This NO-SELF then becomes the KEY to provide the 'sensations of CUT' or 'consciousness of CUT' that is then projected on to the material form i.e. THE BODY.

.

That means 'consciousness of CUT' is provided by the ETERNAL SELF that has acquired the human body.

.

The same goes for the Mental Contents Feelings and other Gross and subtle Body sensations, each is transformed first into NO-SELF first, which then becomes the KEY for the ETERNAL SELF to project corresponding consciousness onto the BODY in the form of feeling (what is felt by the MIND) and sensations (What is felt by the Body).

.

But monks; both feelings and sensations are NO-SELF,

And while, feelings or mental contents can be simply wished away and let go as 'material nature, as soon as they are felt where the need or temptation to engage with them is abandoned,

The same is not true for body sensations, as they are causing misery in real time on the body, and so they must be observed with equanimity [NO-Reaction] and objectively)detached unemotional observation) at their contact where they are arising and felt as bubbles, till they have mellowed down or the mind's attention has automatically moved to the next body sensations.

Any VOLITIONAL ACT (Mental, physical, or verbal action) performed against the body sensations or mental contents, INTENSIFIES them and they hit back with more intensity and vigor than the last time when they arise again next time. Hence a SADHAK must learn to handle mental contents and body sensations as described above.

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Also, during the INSIGHT MEDITATION/Vipassana body scan method to observe SENSATIONS on the body, the following example shall be applied to observe sensations:-

Just as, "when walking on hot coals, one must walk swiftly without pausing even for a second, and if one keeps the feet on burning hot ash/coals even for a second pause, there is a chance of feet getting burnt, similarly one who observes sensations with inner vision moving over the sensations, one must not pause even for a second on sensations, but they must keep their inner vision moving over the sensation being felt, swiftly, moving swiftly within inflicted area of body part affected by the sensations.

AND; when no sensations are found, one then simply continues to scan the body from top head to bottom feet and as soon as sensations are felt on any part of the body then one must jump to scan the afflicted body part, moving their inner vision swiftly over sensation within the inflicted area of body part, making sure not to pause their inner vision even for a second on sensations. This is repeated till the sensations have mellowed down. A SADHAK works with the knowledge that ALL SENSATIONS are impermanent and they will cease anyway if SADHAK maintains equanimity, does not react to them, and continues to observe them objectively.

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TINNITUS CARE-NON SPIRITUAL METHOD:

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First line of defence against tinnitus is, using noise reduction (23DB noise reduction or more.)EARMUFFS minimum 20 minutes at a time, and cotton swab or just plain cotton rolled and placed inside ear canal 24/7 all days for few weeks. EARMUFFS help create VACUUM and NO electrical conduction can take place in VACUUM.
.

Apart from preliminary precaution like using speaker mode to talk on cell-phone, avoiding cell-phone on affected ears, avoiding earphone or headphone, using cotton swabs rolled and inserted inside ear canal 24/7 for few months, avoiding proximity to all electrical sounds or devices (AC/FAN, COOLERS, remain away from them at least 5 feet away), following Buddha way of protocol shall bring one out of misery of tinnitus.

*** It is also STRICTLY ADVISED to GO SILENCE, at least for 3-4 weeks to speed up healing in initial periods of recovery. This means one must TALK only when necessary, SPEAK on speaker mode of cell**

phone when attending calls ‘not for more than a minute or two’, shun listening to all TV, Radio. *

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INSIGHT MEDITATION/Vipassana body scan method -
Further explained Sep-8-2023
(MIGRAINE/HEad Tilt syndrome/OCD Repetitive Volitional Acts syndromes)
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Monks;

Since all the 5 sense media- CONSCIOUSNESS (Ears CONSCIOUSNESS, Nose CONSCIOUSNESS, Brain CONSCIOUSNESS, Eyes CONSCIOUSNESS, Tongue CONSCIOUSNESS) is centered around the head and face area along with the neck, which is also responsible for controlling volitional acts along with sensations and feelings, we have to learn to perform FREQUENT OBJECTIVE AND EQUIPOISED head, face and neck scan, cm by cm scan, part by part scan, inch by inch, holistic and part by part swift scan of head scalp area at top and behind, face area with each sense media scan covered specifically, along with front and back of neck to rid ourselves of issues related to **MIGRAINE/HEad Tilt syndrome/OCD Repetitive Volitional Acts [repetitive physical, mental and verbal acts] syndromes.**

.

We simply walk our inner vision or mind's eye, starting with the top of the head, to the entire front face[covering each consciousness, both eyes together, both ears together, nose, one by one] to the front neck, to back of the neck, and back of the head, doing a swift inner vision scan with awareness, thus continue to perform the scan in reverse and again top head to neck.

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While Sensations (Itch, cut, pain) and FEELINGS (anxiety, fear, anger) are easily detected, volitional acts by themselves can not be detected until they are performed due to
conditioned CONSCIOUSNESSES that has taken residence due to some unknown reason [for example the cause of migraine is not known but it is "conditioned CONSCIOUSNESS" in spiritual science terms]. Hence, this type of scan as mentioned here, shall CLEANSE ANY SANKHARA or MENTAL DEFILEMENT with respect to volitional acts like **HEad Tilt syndrome/OCD Repetitive Volitional Acts syndromes, and shall also**

help relieve pain like MIGRAINE which has taken resident due to conditioned CONSCIOUSNESSES, birth or cause of which is unknown.

.

With closed eyes, preferably sitting or sleeping positions, but can also be done during walking, daily and frequently, With the inner vision or mind's eye, we perform head, face, and neck scans, covering every Centimeter and Inch of the body part being scanned, NOT stopping at any body part being observed, even for a second. We simply walk our inner vision top head to the entire front face to the front neck to the back of the neck and back of the head, doing a swift inner vision scan with awareness, and if sensations are found anywhere on the head, face, or neck, we immediately jump to that body portion and perform scan within inflicted portion of body part, walking inner vision swiftly over the sensations, making sure not to stop even for a second at any of the sensation, but without missing any sensation we simply walk out inner vision over them.

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IN GENERAL;

During the INSIGHT MEDITATION/Vipassana body scan method to observe SENSATIONS/Feelings on the body, the following example shall be applied to observe sensations and feelings:-

.

Just as, "when walking on hot coals, one must walk swiftly without pausing even for a second, and if one keeps the feet on burning hot ash/coals even for a seconds pause, there is a chance of feet getting burnt, similarly one who observes sensations with inner vision moving over the sensations, one must not pause even for a second on sensations, but they must keep their inner vision moving over the sensation being felt, swiftly, moving swiftly within inflicted area of body part affected by the sensations.

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AND; when no sensations are found, one then simply continues to scan the body from top head to bottom feet [including hands], and as soon as sensations are felt on any part of the body then one must then jump to scan the afflicted body part, moving their inner vision swiftly over sensations within the inflicted area of body part, making sure not to pause their inner vision even for a second on sensations. This is repeated till the sensations have mellowed down.

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A SADHAK works with the knowledge that ALL SENSATIONS are impermanent and they will cease anyway if SADHAK maintains equanimity, does not react to them, and continues to observe them objectively.

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FOUND, OLD POST on correcting eye sight
with VIPASSANA [written 3 years earlier]
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How do I reduce high eye power naturally? Can any Ayurvedic remedy help?

My Answer:

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There are 2 Corrections needed

1) Brightness/light factor of eye (using incandescent bulbs 60/100 watt)/ Or simply watching SUNLIGHT (NOT direct SUN) spread around

2) Strain on eyebrows, by observing eyebrows for several hours and observing sensation of pain, strain, fatigue etc that arise, when this type of scan is done, it will take away strain from eyebrows. Understanding of observing sensations as learn during VIPASSANA may be needed or talk to some one who can guide you on how to simply observe sensations.

One can massage eyebrows with sesame oil or simply massage both eyebrows without oil to strengthen eyebrow muscles and remove strain.

3) I have learnt to correct the problem 'on the fly' as it arises by observing sensations of pain, stress on eyebrows or eyelids, while watching TV, reading etc. Thus I no more need to do separate scans.

Sunil Dudia's answer to How do I reduce high eye power naturally? Can any Ayurvedic remedy help?

* Use your discretion and your best judgement when following the guidelines below *

I used those old type incandescent light bulbs (40/60/100 watts)initially and would watch them from distance of one and half feet for at least 10 minutes for each eye and then 5 minutes with both eyes. That did lots of good to my eye power.

I have done this with success:

In morning when sunlight is not too intense Or use incandescent bulb (start with 40 or 60 watts), do this: DO not look at SUN, but you must look at the SUNLIGHT spread around.

0. Always choose distance and intensity of light that does not hurt. Always open your eye as wide as possible without blinking.

Close your right eye with one palm, wide open your left eye completely (open wide) and ‘without blinking’ look directly at ‘sunlight’/bulb for around 3 to 5 minutes.

Do the same for other eye.

At end open both eye wide and stretched to open complete and look at sunlight [not sun]/bulb ‘without blinking’. Now with both eyes wide open it is difficult to see the ‘sunlight [not sun]’ so you may first look at ‘sunlight’/bulb only for a minute or 2.

Do this daily and you shall notice a huge difference in your eyesight.

The other option is to try the same with our old incandescent bulbs 60/100 watt and instead of sunlight use this bulb to look at. You must however keep enough distance so as not to hurt your eyes. I usually started to keep 2 feet distance in beginning gradually decreasing it as time went by.

CFL & Led bulb are of NO USE for this purpose. Only our old 100 watt bulbs will do if not using SUNLIGHT gazing.

USUALLY ONE SEES benefits in just 5–7 days of doing this.

The other thing one has to do is, to perform EYEBROWS SCAN. In this case one sleeps with a mirror in hand and continues to look at eyebrows with one pointed focus and concentration on left eyebrow to start with.

After some time one notices sensation of stretching, tightness, some pain and as one continues to penetrate these sensations one at a time, and continues to look at eyebrow one sees these sensations dissolving and at end one feels vibrating pulsations around eyebrows area signalling the end of scan. This type of scan is done usually for 30 -40 minutes or more at one go and after performing scan for 2–3 days one will notice that one no longer feels strain around eyebrow area anymore.

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Medical Science V/s Spiritual Science
MIGRAINE/ NEUROLOGICAL Disorders of any kind like head shaking/
and Medical issues, where the cause is NOT KNOWN- Sep 12-2023

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Monks;
Objective observation and **equanimity** are the TWO TOOLS that are used throughout the DHAMMA teachings of vipassana meditation.

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what is objective observation and equanimity? An objective observer **simply observes**, **DETACHED**, all things as they are, **without giving any opinion**, **does not give any emotional reactions**, maintaining **absolute equanimity by not creating any craving or aversion** OR **REACTION**, towards object of interaction or meditation (breathe, phenomenon, sensations, mental hindrances). An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING.

An Objective observer applies DETACHED AWARENESS.

It is understood that when one **REACTS**, he generates sankhara or mental defilements, but when one **RESPONDS with AWARENESS**, that every interaction with outside objects, phenomenon, must not give rise to craving or aversion, then one has understood **EQUANIMITY**. Thus, one shall **RESPOND WITH AWARENESS** and **AVOID REACTING or creating AVERSION** to any phenomenon or interaction with outside objects or persons, sensations, mental hindrances, and when doing so he makes sure not to give rise to craving or aversion of any kind, **this is EQUANIMITY as understood by sadhak.**

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With closed eyes or sometimes with direct vision, We use inner vision or the mind's eye to perform insight meditation or body part scan.

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Monks, There are medical issues for which the cause is not known even to the medical research industry, for example, they have not been able to understand the root cause of migraine and many other neurological issues.

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But monks; fortunately we can define each or any affliction in SPIRITUAL SCIENCE as a SANKHARA, a CONSCIOUSNESS that is afflicted or CONDITIONED; and as per the law of nature an afflicted CONSCIOUSNESS continues to arise, persis and cease as per the law of nature.

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Thus monks; we can call MIGRAINE as "MIGRAINE CONSCIOUSNESS", HEAD SHAKING syndrome as "HEAD SHAKING CONSCIOUSNESS", Itch as 'Itch CONSCIOUSNESS', cut as 'cut CONSCIOUSNESS' and so on.

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Monks; When dealing with any afflicted CONSCIOUSNESS or a SANKHARA, we apply insight meditation in the form of BODY PART SCAN where the CONSCIOUSNESS is alive and is being continuously felt in the form of SENSATIONS.

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We continue to SCAN THE afflicted CONSCIOUSNESS as and when it has arisen or is being felt on the affected body part, by continuously performing objective and equanimous body part scans where the afflicted CONSCIOUSNESS is active and is affecting the body part area with the symptoms in the form of SENSATIONS.

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Thus monks; The best time to continuously scan the body part affected is when the "afflicted CONSCIOUSNESS" has arisen, and one must be alert enough to start the body part scan as soon as the "afflicted CONSCIOUSNESS " in the form of migraine, itch, cut, head shaking syndrome etc, is being felt on affected body part.

When the "afflicted CONSCIOUSNESS" is NOT ACTIVE, one must still continue to FREQUENTLY scan the body part for a few minutes, every few hours for at least 5-10 minutes, for the body part that gets affected during the arising of such "afflicted CONSCIOUSNESSES " so that even the hidden SANKHARA can be cleaned up by frequent objective and equipoised scan of affected body part.

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Essential tremor (ET) is a neurological disorder that causes your hands, head, trunk, voice, or legs to shake rhythmically. It is often confused with Parkinson's disease. Essential tremor is the most common trembling disorder.

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For those with HEAD SHAKING neurological disorder syndrome; one must continue to scan the neck and head from all sides; front, back, and sideways

several times a day for a few days till ALL THE SANKHARA or afflicted CONSCIOUSNESS has been CLENASED UP.

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YES, MONKS; Any type of CONSCIOUSNESS can be cleansed by continuous objective and equanimous OBSERVATION OF "afflicted CONSCIOUSNESS", till it has mellowed down, cleansed, and disappeared.

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Similarly for MIGRAINE; one must continue to scan the entire head, covering every MilliMeter [mm], CentiMeter [cm], and INCH of the entire scalp or the head, by continuous objective and equanimous OBSERVATION OF "MIGRAINE CONSCIOUSNESS" till it has mellowed down and disappeared.

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SAME applies to any or all "afflicted CONSCIOUSNESSES"

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IN GENERAL;

During the INSIGHT MEDITATION/Vipassana body scan method to observe SENSATIONS/Feelings on the body, the following example shall be applied to observe sensations and feelings:-

.

Just as, "when walking on hot coals, one must walk swiftly without pausing even for a second, and if one keeps the feet on burning hot ash/coals even for a seconds pause, there is a chance of feet getting burnt, similarly one who observes sensations with inner vision moving over the sensations on affected body part, one must not pause even for a second on sensations, but they must keep their inner vision moving over the sensations being felt, slowly and swiftly, moving slowly within inflicted area of body part affected by the sensations. You shall keep moving your inner vision from non-affected body part to sensation affected body part, always ending your inner vision at non affected body part during body scan.

.

AND; when no sensations are found, one then simply continues to scan the body from top head to bottom feet [including hands], and as soon as sensations are felt on any part of the body then one must then jump to scan the afflicted body part, moving their inner vision slowly and swiftly over sensations within the inflicted area of body part, making sure not to pause their inner vision even for a second on sensations. This is repeated till the

sensations have mellowed down.
.
A SADHAK works with the knowledge that ALL SENSATIONS are impermanent and they will cease anyway if SADHAK maintains equanimity, does not react to them, and continues to observe them objectively.

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what is objective observation and equanimity? An objective observer **simply observes**, **DETACHED**, all things as they are, **without giving any opinion**, **does not give any emotional reactions**, maintaining **absolute equanimity by not creating any craving or aversion** OR **REACTION**, towards object of interaction or meditation (breathe, phenomenon, sensations, mental hindrances). An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING.

An Objective observer applies DETACHED AWARENESS.

It is understood that when one **REACTS**, he generates sankhara or mental defilements, but when one **RESPONDS with AWARENESS**, that every interaction with outside objects, phenomenon, must not give rise to craving or aversion, then one has understood **EQUANIMITY**. Thus, one shall **RESPOND WITH AWARENESS** and **AVOID REACTING or creating AVERSION** to any phenomenon or interaction with outside objects or persons, sensations, mental hindrances, and when doing so he makes sure not to give rise to craving or aversion of any kind, **this is EQUANIMITY as understood by sadhak.**

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GULPING ANXIETY/difficulty trying to swallow
with or without "food or water" or during an empty gulp
"AFFLICTED GULPING CONSCIOUSNESS" - Sep-13-2023
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Monks; There have been questions asked in the past from those having difficulty while gulping the food feeling anxious during the eating of the food or even otherwise where blank or void gulping autonomic nervous system action without the food is also causing anxiety.

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Monks; this is "**AFFLICTED GULPING CONSCIOUSNESS**", that has taken residence due to some unknown issue.

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Every AFFLICTED CONSCIOUSNESS can be cleansed by a CONTINUOUS SCAN of the Affected body part, the front of the neck/Throat that is involved in GULPING with OR without the food, in this case.

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Monks, every time one sees the gulping movement occur, one immediately starts scanning the front side of the neck/throat through the inner vision, scanning the front of the throat during each gulping movement, covering the entire neck/throat from the front side. One may extend the quick neck scan from the top of the head to the chest or up to the stomach making sure to cover the front of the neck/throat during a quick scan of "AFFLICTED GULPING CONSCIOUSNESS".

.

This type of scan through inner vision, when done repeatedly, moves inner vision over every sensation/feeling across the front neck/throat, or top head to chest covering the front of the neck, frequent and quick scan when the "AFFLICTED GULPING CONSCIOUSNESS" is alive and kicking, or simply speaking, during every gulp with or without food when one performs scan as mentioned above, will RID YOU OF GULPING ANXIETY FROM THE ROOT for good in just a few days.

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SAME applies to any or all "afflicted CONSCIOUSNESSES"

.

IN GENERAL;

During the INSIGHT MEDITATION/Vipassana body scan method to observe SENSATIONS/Feelings on the body, the following example shall be applied to observe sensations and feelings:-

.

Just as, "when walking on hot coals, one must walk swiftly without pausing

even for a second, and if one keeps the feet on burning hot ash/coals even for a seconds pause, there is a chance of feet getting burnt, similarly one who observes sensations with inner vision moving over the sensations on affected body part, one must not pause even for a second on sensations, but they must keep their inner vision moving over the sensations being felt, slowly and swiftly, moving slowly within inflicted area of body part affected by the sensations. You shall keep moving your inner vision from non-affected body part to sensation affected body part, always ending your inner vision at non affected body part during body scan.
.
AND; when no sensations are found, one then simply continues to scan the body from top head to bottom feet [including hands], and as soon as sensations are felt on any part of the body then one must then jump to scan the afflicted body part, moving their inner vision slowly and swiftly over sensations within the inflicted area of body part, making sure not to pause their inner vision even for a second on sensations. This is repeated till the sensations have mellowed down.
.
A SADHAK works with the knowledge that ALL SENSATIONS are impermanent and they will cease anyway if SADHAK maintains equanimity, does not react to them, and continues to observe them objectively.

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An Objective observer applies DETACHED AWARENESS.

It is understood that when one REACTS, he generates sankhara or mental defilements, but when one RESPONDS with AWARENESS, that every interaction with outside objects, or phenomenon, must not give rise to craving or aversion, then one has understood EQUANIMITY. Thus, one shall RESPOND WITH AWARENESS and AVOID REACTING **or creating AVERSION** to any phenomenon or interaction with outside objects or persons, sensations, or mental hindrances, and when doing so he makes sure not to give rise to craving or aversion of any kind, **this is EQUANIMITY as understood by sadhak.**

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material nature and the spiritual nature Sep-15-2023
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Monks;

There is a MATERIAL NATURE and then there is a SPIRITUAL NATURE. BEINGS are material nature born out of elements [earth, fire, water, air, ether-space-sky, intelligence-brain, and CONSCIOUSNESS]. SPIRITUAL NATURE sustains the MATERIAL NATURE, ie. our human bodies are a manifestation of our SPIRITUAL FORM. Just as fire has got two energies; 'the heat' and 'the light', similarly, we are MATERIAL BODY, as well as SPIRITUAL BODY.

.

But Monks; the human form or MATERIAL NATURE is temporary, which means it has a beginning, it stays for a time and then it perishes. But the spiritual nature has neither a beginning nor an end. The spiritual form is SANATANA, eternal. When the MATERIAL FORM/NATURE is destroyed, it does not eliminate the SPIRITUAL FORM as the SPIRITUAL FORM is ETERNAL.

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Thus, we can say that MATERIAL FORM/BODY is the MANIFESTATION/CAUSE of our own SPIRITUAL FORM, or in other words, SPIRITUAL FORM and MATERIAL FORM are one and the same.

.

To explain in terms of VIPASSANA, this means, the NO-SELF is what manifests or drives the SELF in physical form/MATERIAL BODY, and thus, our material bodies are manifestations of our own spiritual form, and that means the spiritual form is what drives the material bodies/nature, and if, we let go of material nature then spiritual form will be left with nothing but the (existence, CONSCIOUSNESS and the bliss) which is its original form.

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BENEFITS OF CHANTING Hare Krishna MANTRA for at least 20-30 minutes
- Sep-18-2023- As experienced by myself

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One shall CHANT THIS Hare Krishna MANTRA DAILY for at least 20-30 minutes with spoken words making sure to listen to your own chant voice and chant vibration:

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Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare
Hare Rama, Hare Rama, Rama Rama, Hare Hare

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Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare
Hare Rama, Hare Rama, Rama Rama, Hare Hare

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My OWN Experience says, that when I Chant Hare Krishna Mantra NON-STOP for at least 20-30 minutes (Chant with spoken words in normal speed, and not just inside mind, making sure to listen to your own chant voice and chant vibrations during entire chanting**);**

1. ALL MENTAL FORMATIONS (anxiety, fear, chattering inside mind etc.) are calmed down
2. All Bodily formations are calmed down, like feeling of sensations etc are subdued.
3. Also, since "ONE CHANT of HARE KRISHNA MANTRA" takes around 5 seconds of time, and thus, 12 breaths are automatically restored per minute, and that calms down the breath pattern and may help those with breath disorders of any kind, and this happens due to constant chanting of **Hare Krishna** mantra non-stop for a duration of time (Minimum 20-30 minutes with spoken words) and that helps bring breath pattern to specific CONSTANT INTERVAL and SPEED which helps calm down the MIND, BODY and the breath issues.

.

I therefore, recommend, that everyone form the habit of chanting "HARE KRISHNA MANTRA", NON-STOP (in sitting or walking positions), which shall not only bring oneself near to GOD but shall also help bring peace and tranquility to the mind and body which is REAL from the spiritual science point of view.

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I normally, chant this mantra during the morning or evening WALK, or sometimes even after lunch during the walk. The Hare Krishna Mantra can be chanted anytime and has no specific time limit.

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How will tinnitus be treated in Oct-2023?

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In 4-5 STEPS, tinnitus can be subjugated:

1. CHANT **"HARE KRISHNA MANTRA"** several times a day, walking, sitting, sleeping, any time you have free time to CHANT. **"HARE KRISHNA MANTRA" shall clear the tinnitus consciousness accumulated on behalf of excessive attention to ears and tinnitus voice.**
   One shall CHANT THIS Hare Krishna MANTRA DAILY for at least 20-30 minutes with spoken words, also making sure to hear own voice during the chant:.
   MANTRA TEXT:Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare
   Hare Rama, Hare Rama, Rama Rama, Hare Hare
2. **MANTRA youtube URL: https://www.youtube.com/live/RR2znJl3fQc?si=XaJd1aJn85mRPocK [Hare Krishna Mantra How to YouTube link]**
3. **My OWN Experience says, that when I Chant "Hare Krishna Mantra", NON-STOP for at least 20-30 minutes (Chant with spoken words in normal speed, and not inside mind);1. ALL MENTAL FORMATIONS (anxiety, fear, chattering inside mind, etc.) are calmed down**
   2. All Bodily formations are calmed down like feeling of

sensations etc are subdued.
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.I normally, chant this mantra during the morning or evening WALK, or sometimes even after lunch during the walk.
The Hare Krishna Mantra can be chanted anytime 24/7, and has no specific time limit.

4. Also, using principals of equanimity and objective observation, perform frequent 'Top of head' to 'bottom feet', quick body scan with mind's eye for at least 5-10 minutes few times a day, making sure to 'not take a pause even for a second at any body part', also making sure to pass/walk your inner vision over any sensation or incident happening on body during top to bottom and reverse body scan.
5. use **"EARMUFFS 23 dB"** or more [not earplugs] for at least 30–40 minutes in ears to neutralize neuronal electrical activity inside ears and thus stop or calm down tinnitus voice.
6. **Learn to SHIFT Tinnitus to Area-T for permanent relief as described in the blog post. This shifting of Tinnitus to Area-T is the most important part and must be achieved for lifelong relief. Basically you are asked to visualize the Tinnitus voice at Area-T avoiding attention to Ears forever. In just few days of attention to Area-T instead of ears shifts tinnitus voices to Area-T and provides permanent relief from Tinnitus as now you hear the activity at Area-t And not coming from the ears.**
7. Keep your inner vision focused 24/7 on the back of your body anywhere below the neck, this is done to insure that at no time our attention is focused even for a second towards the ear. Or, Always focus your inner vision or mind’s eye on any of stillness images ‘visualize glowing sun image’, ‘visualize sky or moon or seawater or mountains or tree images’ 24/7 , and doing so your inner vision will be busy on these images and will not get chance to focus on tinnitus voice. For example when watching TV keep your inner vision focus on

image of glowing sun or simply keep your inner vision focused on back side of body anywhere below the nek.

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THEY (MUSICIANS) USE EARMUFF [NOT EARPLUGS] HEADPHONES THAT COVER ENTIRE EAR to protect ears. Also this creates a VACUUM in EAR due to airtight earmuffs covering the ear and that PREVENTS TINNITUS (neuronal activity) from accumulating as no electrical conduction can take place in vacuum.

ALSO, THOSE SUFFERING FROM TINNITUS MUST AVOID attention to EARS when listening to music, instead, they shall focus attention on TOP OF HEAD when listening to any type of music and shall strictly avoid any type of attention to ears. They shall always use earmuffs type of headphones and not earplug type to listen to music.
.
. For Tinnitus:
Yes, ears can be silenced for a while/temporarily. Electrical conduction can not take place in a VACUUM. So when you use EARMUFFS, 23db or more (not earplugs) that cover entire ear for around 30 minutes or so, you will notice Tinnitus goes mild and stops in most cases. ALSO, YOU MUST USE SIDE OF JAW MORE FOR EATING AND CHEWING FOOD that is on the affected side of ear (usually left side of jaws as left ear is affected in most cases). Eating food using jaw or gums on affected side of ear will also release tinnitus accumulation. But best long term solution is to shift Tinnitus to Area-T as explained in my blog post.
.
You can shift tinnitus to Area-T and then it will no longer bother you as described in my blog post below: I also listen to music daily but for few months only you shall be away from music till you have recovered well. Later a occasional small Tinnitus noise will continue to persist due to daily music listening but if you have learnt to shift Tinnitus away to Area-T then it will no longer bother you.
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Shifting tinnitus to Area-T (STEPS)

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This is the most important step one has to perform if suffering from TINNITUS:

With this step we will SHIFT TINNITUS to Area-T as that is the correct location where TINNITUS originates. The tinnitus voice is NOT coming from ears, but from Area-T which is near to EAR and so one feels as if Tinnitus is

coming from Ears. One must learn to avoid attending to EAR, in fact all tinnitus sufferers must ignore looking at ears. They shall focus on TOP OF HEAD when listening to music and shall never ever look at ears.

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To Shift Tinnitus to Area-T [tmj], For next 72 hours this is a must step for tinnitus to disappear from ears and shift to Area-T:-

We perform OBJECTIVE OBSERVATION of Area-T where tinnitus activity is actually accumulated. An OBJECTIVE OBSERVER SIMPLY OBSERVES without emotionally attaching himself to any sensations that arise thereof, does not analyze, does not form any opinion, he simply observes area-T instead of ears whenever there is urge to attend to Tinnitus Voice-

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Mind's eye or inner vision is completely focused at AREA-T (TMJ), instead of ears whenever there is urge to listen to tinnitus voice. Once above process is completed for 3-4 days, one would have noticed that Tinnitus has mellowed down and is shifted to Area-T as due to WRONG BELIEF we were looking at EARS when tinnitus started in past.

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Once Tinnitus is shifted to Area-T, simply abandon looking at it and if required only look at Area-T.

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0. CHANT "HARE KRISHNA MANTRA for at least 20-30 minutes at a time daily, few times a day. Also perform frequent 'Top of head' to 'bottom feet', quick body scan with mind's eye for at least 5-10 minutes few times a day, making sure to 'not take a pause even for a second at any body part', also making sure to pass/walk your inner vision over any sensation or incident happening on body during top to bottom and reverse body scan.

1) During initial recovery periods, Use Cotton swabs rolled into affected Ear for few weeks, use noise reduction Earmuff’s (23db and above, earplugs will not help) when tinnitus is high for at least 20-30 minutes in sleeping position, COMPLETE SILENCE for few weeks, Massage with sesame oil on [AREA-T / TMJ as in picture] for few weeks, being away from electrical sources and not sleeping under fan for few weeks. Avoid earphones and headphones for next few months till recovery.

IF you have hyperacusis (echo sound, distortion of sound in ear) then you must let the ear heal by resorting to silence, not listening to music through earphones or headphones. Hyperacusis depending upon severity heal by itself in few months by itself if one does not expose the ear to electronic sound for few months (5-6 months).

** In my opinion, NO MEDICINES are required to heal the ear or tinnitus, in fact medicines that were prescribed (steroids and others) only increased the tinnitus several folds as I saw in my case and other several example cases. **

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This along with breathing exercises and pranayama that enable inhale air reach stomach will stop tinnitus from the root.

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2) **Shift the tinnitus to Area-T;** THIS IS THE MOST IMPORTANT STEP and shall give you relief in just 2–3 days if followed correctly:

Shift the tinnitus to Area-T, by not visiting ear when looking for tinnitus voice but focusing on area-T since that is the real location tinnitus voice aka neuronal activity is located. When you look at area-T instead of ear canal during tinnitus voice issue, within 2–3 days you would have shifted the tinnitus voice to Area-T. Once tinnitus is shifted to Area - T and then just abandon the thought of it. Ignore it. Avoid looking at it.

..**Let's say that tinnitus has started;** Now instead of attending to ears, you shall instead attend to area-T. When you do that; tinnitus]would have shifted to area-T in just few days and you no longer feel its coming from ear. **once T is shifted to area-T, then Next; ignore it , abandon the thought of it and Keep your area-T relaxed**

2A) KEEP your AREA-T [TMJ] RELAXED. That is it. Also, to shift away attention from tinnitus observe breathe as mentioned below. Just chant the words 'RELAX'' to by looking at Area-T through Inner vision when ever you feel it is trying to activate again and then you must actually feel relaxed at Area-T when doing so and after such instruction to Area-T to 'RELAX"', you must abandon it, ignore it, avoid looking at it.

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3) First and foremost, all tinnitus sufferers MUST AVOID listening to tinnitus voice from Ear, that means one shall NEVER GIVE attention to listening from EAR. The tinnitus voice IS NOT COMING FROM EAR, but from AREA-T [TMJ} and since this Area-T is closer to COCHLEA which is

listening device of ear we think tinnitus is coming from Ear. TINNITUS LOCATION is Area-T [TMJ} as in picture provided. NEVER EVER LOOK INTO EAR to listen tinnitus voice or else ATTENTION to EAR will cause tinnitus to aggravate. You shall only look to Area-T and chant the words ‘ANITYA’ towards Area-T so that you always keep that TMJ area relaxed. Learn to RELAX your JAW MUSCLES ALWAYS, especially Area-T shall be relaxed.

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4) The clenching of jaws during meditation or otherwise shall be avoided as prolonged stress on JAW due to clenching or locking of jaw during meditation or otherwise may give rise to TINNITUS, which is nothing but neuronal electrical bursts that one starts to hear due to silence and accumulation of neuronal activity on jawline that connects to ear which hides cochlea of ear behind along the jawline. Hence all meditation MUST BE DONE IN RELAXED MANNER making sure NOT TO CAUSE LOCKED JAW. RELAX the jaw if you feel it’s getting locked or clenched during meditation or otherwise. Keep your jawline relaxed all the time even otherwise

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5)

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NON SPIRITUAL METHOD to resolve tinnitus voice:

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First line of defence against tinnitus is, using noise reduction (23DB noise reduction or more.)EARMUFFS minimum 20-30 minutes at a time, and cotton swab or just plain cotton rolled and placed inside ear canal 24/7 all days for few weeks. EARMUFFS help create VACUUM and NO electrical conduction can take place in VACUUM.

Apart from preliminary precaution like using speaker mode to talk on cell-phone, avoiding cell-phone on affected ears, avoiding earphone or headphone, using cotton swabs rolled and inserted inside ear canal 24/7 for few months, avoiding proximity to all electrical sounds or devices (AC/FAN, COOLERS, remain away from them at least 5 feet away), following Buddha way of protocol shall bring one out of misery of tinnitus.

** It is also STRICTLY ADVISED to GO SILENCE, at least for 3-4 weeks to speed up healing in initial periods of recovery. This means one must TALK

only when necessary, SPEAK on speaker mode of cell phone when attending calls ‘not for more than a minute or two’, shun listening to all TV, Radio. **

PS:
MEDITATING ON SILENCE TO RESOLVE TINNITUS [21-10-2022]

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TINNITUS has come out in open due to ATTENTION TO NEURONAL ACTIVITY. We need to ‘MEDITATE ON SILENCE’ AND TRAIN OURSELVES TO IGNORE NEURONAL ACTIVITY aka TINNITUS SOUNDS to come out of this issue for good.

.

For this, one shall first learn to SHIFT TINNITUS to Area-T as explained earlier in my blog posts to train them to feel that tinnitus is coming from Area-T and NOT FROM EAR. One shall also use EARMUFFS 23 db or more, [NOT earplugs] that cover entire ears for at least 30-40 minutes to STOP or MELLOW DOWN tinnitus aka neuronal activity at area-T. While wearing earmuffs or otherwise you must focus your inner vision or mind's eye on back side of body anywhere below the neck. ALSO you may CHANT 'RELAX' by directing your inner vision to 'Area-T' if tinnitus is active. Keep your Area-T Relaxed.

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All day, every day you must train yourself to focus your inner vision on back side of body anywhere below the neck. You must NEVER GIVE ATTENTION TO EARS even once so that tinnitus does not get activated again as ATTENTION TO EAR or NEURONAL ACTIVITY aka is the REAL reason tinnitus is active.

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Just before sleep or any time of day perform ‘MEDITATION ON SILENCE’ as follows:

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You may optionally or preferably wear earmuffs while ‘meditating on silence’.

Here one either in sitting position or sleeping positional shall close their eyes and focus their mind’s vision or inner vision on back side of body area

anywhere below the neck. The aim is to ignore neuronal activity aka tinnitus sounds and prevail upon silence through mind’s eye.

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One finished, take off earmuffs if you have used one during meditation, and go to sleep.

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Repeat this till the neuronal activity has silenced, You must learn to ignore or abandon the tinnitus voice by never attending to ears, to stop this for good.

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PS: Earmuff 23 DB or more

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What is MEDITATING ON NOTHINGNESS ?, Why shall we meditate on NOTHINGNESS? How to detach from forming CLINGING to a PHENOMENON?

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The INNER VISION or mind's eye (or MIND) has a tendency to PARK itself on the CRAVING or AVERSION aspect of a phenomenon one encounters in daily life. This PARKING of inner vision or mind on CRAVING or AVERSION

aspect of a phenomenon results in CLINGING which is the cause of BECOMING and subsequent BIRTH OF A MISERY.

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For example, those suffering from TINNITUS issue, experience TINNITUS VOICE when they try to listen through the ear, and in this case, while EAR CONSCIOUSNESS is focusing on translating external sounds, the inner vision CLINGS to TINNITUS VOICES [as both external sound as well as tinnitus voices are translated from the same source] and CONTINUED ATTENTION TO TINNITUS VOICES INTENSIFIES THE CLINGING which becomes the cause of BECOMING or more substantial and permanent TINNITUS VOICE ISSUE.

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Similarly while one is having any interaction of any kind with any phenomenon, the INNER VISION has the tendency to focus itself on AVERSION [in most cases] or craving aspects of that phenomenon. This parking of inner vision or mind on aversion is the cause of CLINGING and further birth of misery,

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Therefore, we must train ourselves to MEDITATE on NOTHINGNESS, to PARK our MIND or inner vision on nothingness during such interaction where the mind is trying to fix its focus on the misery part of the interaction.

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To detach from forming any CLINGING during or after interaction with any phenomenon, for this, a SADHAK can visualize any '**NOTHINGNESS object'** like a 'glowing IMAGE OF SUN' or 'IMAGE OF SEA' or 'IMAGE OF MOON' or 'ANYWHERE ON the BACK OF BODY BELOW THE NECK', and focus their INNER VISION on ANY OF such NOTHINGNESS objects while the interaction is in progress or after the interaction with any phenomenon is over.

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Thus, for example, while listening to external voices, those with TINNITUS ISSUE must focus their inner vision or mind on any of NOTHINGNESS objects [I prefer back of body] so that inner vision or MIND is busy focusing on the object of NOTHINGNESS. So the INNER VISION can not focus on

the tinnitus voice while the ear consciousness is trying to hear the external voice.

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The same applies to any interaction that has the capacity to focus the inner vision on misery.

EARMUFF 23 dB

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what is objective observation and equanimity? An objective observer simply observes, DETACHED, all things as they are, without giving any opinion, does not give any emotional reactions, maintaining absolute equanimity by not creating any craving or aversion OR REACTION, towards the object of interaction or meditation (breath, phenomenon, sensations, mental hindrances). An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING.

An Objective observer applies DETACHED AWARENESS.

It is understood that when one REACTS, he generates sankhara or mental defilements, but when one RESPONDS with AWARENESS, that every interaction with outside objects, or phenomenon, must not give rise to craving or aversion, then one has understood EQUANIMITY. Thus, one shall RESPOND WITH AWARENESS and AVOID REACTING **or creating AVERSION** to any phenomenon or interaction with outside objects or persons, sensations, or mental hindrances, and when doing so he makes sure not to give rise to craving or aversion of any kind, **this is EQUANIMITY as understood by sadhak.**

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Dealing with Material Nature and What is Spiritual Nature -

Part-2- Oct-12-2023

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Bhikkhus, THE BLESSED ONE [BUDDHA] HAS INSTRUCTED us to let go of MATERIAL NATURE in all forms, as soon as it is seen or felt arising.

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MATERIAL NATURE is the one where the Consciousness collected through the interaction of 6 sense media is CONDITIONED BY (Craving/aversion/delusion [I, me Mine]), this is Consciousness that is result of interaction of 6 sense media where one was not alert enough to

immediately let go of Consciousness that is CONDITIONED, and instead of letting go of Consciousness that is CONDITIONED, one starts to WALLOW IN THE 'material nature Consciousness thus collected' due to recent or past interactions.

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LETTING GO OF MATERIAL NATURE in all forms is in your own interest, the blessed one [buddha] said again and again.

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SPIRITUAL NATURE, is the one where the 'Sattva guna Consciousness' is collected through 6 sense media interactions that are free of fear, violence, aversions, and malice; where the Consciousness is CONDITIONED BY Spiritual discourses that bring us near to the supreme being or near to the God; where COMPASSION, LOVINGNESS are practiced towards all forms of life (Plants, Animals, Human Beings, etc.); where one collects "SATVA GUNA" with the characteristic of goodness, Bliss, joy, satisfaction, nobility, and contentment, in the form of purity, knowledge, and harmony;

.

Consciousness that is conditioned by MATERIAL NATURE (Craving/aversion/delusion [I, me Mine], and clinging) has to be let go immediately as soon as it is seen arising as per the INSTRUCTIONS FROM THE BLESSED ONE (BUDDHA)

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Bhikkhus, If there was your best friend offering you a poisonous snake, would you accept it and risk being bitten by it? No, said the Bikkhu. In the same way, Bhikkhus, if a best friend caused some kind of aversion due to any interaction past or present, would you then accept and keep the 'material nature Consciousness' thus collected due to that interaction with your friend?

The 'Consciousness' thus collected is MATERIAL NATURE as it was conditioned by aversion, so it must be let go immediately with the knowledge 'MATERIAL NATURE not worth engaging as per the instructions from the blessed one [buddha]'.

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The HABIT PATTERN must change from wallowing in 'material nature Consciousness' to letting go of them as soon as they are felt or seen as

arising in any form, said the blessed one again and again, and it is in your own interest to let go of 'all forms of material nature and learn not to wallow in them upon their arising'.

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Bhikkhus, We are SPIRITUAL BEINGS, and our real nature is nothing but Bliss, due to ignorance we continue to collect '**material nature Consciousness**' and due to wrong habit patterns start to wallow in them. Letting go of material nature in all forms must be practiced to maintain bliss across the lifetime said the blessed one again and again.
.

Therefore Bikkhu's'; if you are still affected by past interactions that were '**material nature Consciousness**' (aversions, humiliation, disrespect, anger, jealousy, etc.), then you have not yet learned to LET GO OF THEM as per the instructions from the blessed one, and you shall continue to suffer the effects of the same as and when such 'material nature consciousness' arises, persists for a while and ceases from time to time as per the law of nature, till it has been resolved or let go with the knowledge 'material nature not worth engaging and so is let go immediately upon its arising'.

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Path towards SELF REALIZATION- Part-1// 16-Ict-2023- [PART-1]

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Monks;

There are 2 SELF,

1- SELF that is physical [made of earth elements] along with default CONSCIOUSNESSES that is no-self

2- SELF that is no-self/5-KHANDA (form, feelings, perceptions, volitional acts, CONSCIOUSNESS)

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The path towards SELF-REALIZATION starts with knowing that we are NOT just the BODY.

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In an example of an iPhone cellphone, the Monk understands and discerns as follows:-

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That; This iPhone is just a HARDWARE/body, and cannot function without the DEFAULT Operating System (SELF that is physical along with default CONSCIOUSNESS that is no-self/5-KHANDA) and Software/Apps [CONSCIOUSNESSES/5-KHANDA] collected additionally during the use of it over the lifetime.

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Over the lifetime usage of the iPhone, one collects several additional apps/software [CONSCIOUSNESSES] or updates to existing apps/software [CONSCIOUSNESSES that is NO-Self/5-KHANDA].

And as soon as HARDWARE/iPhone BODY [SELF that is PHYSICAL CONSCIOUSNESSES] has perished, the OPERATOR [SOUL] simply moves to the next HARDWARE, Android or iPhone [New SELF that is physical [made of earth elements] along with default CONSCIOUSNESSES that is no-self] with previously carried over apps/software [CONSCIOUSNESSES that is No-Self/5-KHANDA] as per the need/law of nature.

.

The demise or death of HARDWARE does not mean that OPERATOR [SOUL] has also perished; the OPERATOR [SOUL], simply takes all the software and apps on to the next ACQUIRED hardware/body [SELF that is physical [made of earth elements] along with default CONSCIOUSNESSES that is no-self].

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In the same way Monks, the BEINGS in order to walk towards the PATH OF SELF REALIZATION must discern continuously and regularly on the knowledge that we are not just the BODY.

BEINGS shall discern and meditate on SELF-REALIZATION as follows:-

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That, this human body is made of earth elements, just as the iPhone/Cellphone is made of earth elements, and just as the default operating system is made of several software and apps in the case of the iPhone, in the same way, BEINGS are directed by default and additionally collected CONSCIOUSNESSES over the lifetime.

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That, just as IPHONE/Cellphone is dead without the Operating system and default and acquired software and apps; in the same way the BODY/Human Being is dead without the default and acquired CONSCIOUSNESSES collected across the lifetime.

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Just as there is an Opearor in the case of iPhone/Cellphone's software and apps [Human Being], in the same way, there is an OPERATOR [SOUL] of Deault and collected CONSCIOUSNESSES in the case of Human Beings.

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Just as, the HUMAN BEING operates the IPHONE/cell phone through default and additionally collects Software/Apps 'through IPHONE hardware', in the same way, the Operator [Soul] is able to collect and modify the CONSCIOUSNESSES collected across the lifetime of the human being 'THROUGH THE 6 sense media'.

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Just as BEINGS collect software/apps through the iPhone Hardware body using software and apps; SOUL collects the additional CONSCIOUSNESSES through 6 sense media [body].

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And when the iPhone/Hardware perishes, the Operator (Human Beings) carries the required software and apps to the next Hardware/body, in the same way upon the death of the human being's body, the operator [soul] carries the CONSCIOUSNESSES to next acquired BODY.

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Monks;

Based on the above knowledge we must MEDITATE ON the KNOWLEDGE THAT WE ARE NOT JUST THE BODY, it is the CONSCIOUSNESSES that are carried forward to the next birth and hence we must MEDITATE on CONSCIOUSNESSES 24/7.

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Monks; CUT is "CUT CONSCIOUSNESS", ITCH is "ITCH CONSCIOUSNESS", PAIN is "PAIN CONSCIOUSNESS", Sweat is "Sweat CONSCIOUSNESS", FEELING OF HUNGER is "HUNGER CONSCIOUSNESS",

and various incident of any type being felt on the body in the form of SENSATIONS is "various CONSCIOUSNESSES".

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A Monk, therefore, when feeling any type of SENSATIONS aka CONSCIOUSNESS, knows and observes the CONSCIOUSNESS detached from the body, does not associate the CONSCIOUSNESSES or SENSATIONS being felt as that of belonging to the body, he simply observes sensations and CONSCIOUSNESSES with equanimity and objectively, seeing them as detached from the body, as soon as they are felt and simply walks his inner vision over the sensation or CONSCIOUSNESS being felt at body part with the knowledge that these feelings are not my body but are just the CONSCIOUSNESSES that arise, persis and cease from time to time as per the law of nature.

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A SADHAK, who trains himself to see CONSCIOUSNESSEs/SENSATIONS detached from the body, does not consider the body to be present and simply observes sensations/CONSCIOUSNESS 24/7 as detached entities will eventually be able to see himself as JUST THE CONSCIOUSNESSES as the first step towards SELF REALIZATION.

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Monks; This path is same as knowing oneself first as IPHONE Holder aka BODY/HARDWARE, then knowing oneself as Software/Apps holder aka CONSCIOUSNESSES and finally knowing oneself as Handler/Operator of Iphone/Software Apps as NAME-FORM aka the SOUL;

In the same way Monks, the path to SELF REALIZATION may be;
First we know ourself as BODY-Sensations and MIND-thoughts and mental images,

.
Next, then we switch to meditating on sensations/CONSCIOUSNESSES 24/7 seeing CONSCIOUSNESSES as detached entities that arise, persist for a while and cease as per the law of nature and thus train ourselves to see every arising as CONSCIOUSNESSES 24/7 and once CONSCIOUSNESSES are TRANSCENDED;

.
next, we finally come to know ourselves as SOUL the eternal entity as we understand the relationship between the SOUL and
the CONSCIOUSNESSES , but the entire path must be travelled by first detaching CONSCIOUSNESSES from the BODY,
seeing CONSCIOUSNESSES as detached entities in isolation away from the body, observing them objectively and with equanimity upon their arising and finally we reach the stage where we DISCERN the working
of CONSCIOUSNESSES as elements of 5-KHANDa's and their relationship with the eternal entity aka SOUL.

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ANATOMY / FABRICATION OF FEAR (MIND and MATTER)- Oct-20-2023

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Bhikkhus;

FEAR is a mental content, and is CONSCIOUSNESS that is no-self, and can be described as 'FEAR CONSCIOUSNESS'.
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Also Monks, it has been established by way of several months/Years of mind and body phenomenon research, that we are nothing but the bundle of CONSCIOUSNESSES rooted in the "SELF that is PHYSICAL FORM with 5 earth elements" as well as "SELF that is in NO-SElf FORM with 5-KHANDA". Thus, when seeing an arisen CONSCIOUSNESS, a Monks knows that the BODY DOES NOT EXISTS, and it is only the ARISEN CONSCIOUSNESS that is visible to the mind's eye or inner vision and so a Monk, wisely sees every arisen CONSCIOUSNESS as separate entity, active at present moment, waiting to be seen with observation that is OBJECTIVE (Detached) and EQUANIMOUS (No Reaction).

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Any CONSCIOUSNESS that is afflicted must arise, persist for a while, and cease as per the law of nature, and the existence of this 'FEAR CONSCIOUSNESS' continues to make the BEINGS miserable as 'FEAR CONSCIOUSNESS' continues to make its presence felt from time to time.

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Monks, How was a specific 'FEAR CONSCIOUSNESS' fabricated?

For example, The sudden appearance of an animal causes **FEAR** and subsequent sensation of **CHILLS** being felt on the body.

While FEAR is a MENTAL CONTENT and is no-self, SENSATIONS that are fabricated on the body are either physical damage or No-self.

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Monks;

Interaction or contact with 'What is no-self [SELF with non-self elements (form, feeling, perception, fabrication)]' can only fabricate what is no-self, in the case of FEAR, the subsequent fabrication of "SENSATIONS of CHILLS" being felt across the body are also fabricated as NO-SELF.

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Similarly, the interaction of what is SELF with physical elements (earth, fire, sky, air, water) shall fabricate SENSATIONS that are SELF with physical elements, but monks; even in these cases, FEELING of what is SELF with physical elements, is still felt as NO-SELF.

That means 'CUT CONSCIOUSNESS' although has roots in SELF that is PHYSICAL [body damage in this case], but the FEELINGS of 'CUT CONSCIOUSNESS' are still felt as no-self.

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Now, When a Monks sees CHILLS across the body on account of sudden interaction with an ANIMAL; he immediately observes them objectively and with equanimity, his inner vision holistically walking over every part of the body that is experiencing the CHILLS, and when doing so he also moves his inner vision, quickly within seconds, from top to head bottom feet and reverse to make sure that inner vision has walked over every part of body experiencing the SENSATIONS on account of this sudden interaction. This

way he covers every sensation visible or subtle across the body moving his inner vision, quickly within seconds, across the body, with OBSERVATION that is OBJECTIVE and with absolute EQUANIMITY. THIS IS THE WAY HE MAKES 'FEAR CONSCIOUSNESS' NEUTRAL and thus is NOT INFLICTED BY AFTER EFFECTS OF sudden interaction with an ANIMAL.

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Thus mental content of FEAR causes sensation on the body as CHILLS, and as the BLESSED ONE [BUDDHA] discovered that, by resolving the BODY SENSATIONS, one can RESOLVE MIND and MATTER BOTH, as SENSATIONS overlap both the MIND and MATTER (Body).

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CHILLS are BODY SENSATIONS being fabricated on account of FEAR that was due to sudden interaction with an animal. and Monks; FEAR is No-Self and subsequent CHILLS being fabricated across the body are also - no-self.

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Now Monks; We can resolve the 'FEAR CONSCIOUSNESS' that is No-SELF in TWO WAYS;

ONE- By OBSERVING sensations of CHILLS across the body with the observation that is objective and equanimous along with top of the head to bottom feet, body scan with mind's eye that ensures that all the sensations are observed with equanimity while they are being fabricated or sees them arising on account of past birth of an inflicted consciousness.

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TWO- By Looking at 'FEAR CONSCIOUSNESS' as just another "MATERIAL NATURE", that must be let go immediately as soon as it is felt, as engaging with material nature will cause body sensations as the experienced monk knows it, and with this knowledge, a monk simply dis-engages from the material nature in all the forms as soon as he sees it arising and gives up the temptation to engage with it, for a monk knows the danger of engaging with what is just a MATERIAL NATURE' which is capable of fabricating body sensations that may continue to haunt him till they are resolved.

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Similarly monks;

for a 'CUT CONSCIOUSNESS' that is SELF with physical elements, We can resolve the 'CUT CONSCIOUSNESS' in TWO WAYS;

ONE- By OBSERVING sensations of CUT on the inflicted part of the body with the observation that is objective and equanimous along with top of head to bottom feet, body scan with mind's eye that ensures that all the sensations are observed with equanimity while they are being fabricated or sees them arising on account of past birth of an inflicted consciousness.

TWO- By resolving the PHYSICAL damage on body parts with medical science methods.

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The JOURNEY SO FAR - Starting from the 10 days Vipassana Course in the year July 2018 - Document Date- Oct-20-2023
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Completed 10 Days Vipassana course in July 2018

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After the VIPASSANA course- The knowledge that I have hit upon a REAL AND FINAL Spiritual Science Path to NIBBANA and SELF REALIZATION.

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Downloaded several PDf files on BUDDHA's teachings 'Art of Living' 'Art of Dying' 'Sattipatthana sutta [Sattipatthana sutta is considered to be the summary/Crux of vipassana]' '5-KHANDA' etc; read them several times.

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Decided to come out with my own version of learning which will help SADHAK's learn vipassana techniques in a more simple step-by-step guided form.

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ANAPANA breath observation meditation helped the mind which was clogged and always running like a wild horse, to get released and come to still and tranquil. [LATER, I had to let go of this step due to my dormant TINNITUS issue that aggravates due to vibrations that start on nose tips or upper lip during ANAPANA breath observation at nose door/upper lips, instead, now I CHANT "HARE KRISHNA MANTRA" for 20-30 minutes to

bring my mind to STILL and TRANQUIL before starting Insight meditation/VIPASSANA Body scan]

ANAPANA Breath Observation in 2 sentences:- Observe the FEATURES (length, thickness, touch within nose walls) OF BREATH within nose perimeter, touch of air at nose doors and finally observe the movement of inhale and exhale at upper lips just below the nostrils**.**

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Understood OBJECTIVE OBSERVATION and EQUANIMITY as 2 tools that are used THROUGHOUT VIPASSANA TECHNIQUES.

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Understood 4 noble truths, 8 noble path and 12 DEPENDENT Links which summarise how the WHEEL OF BHAV SAMSARA can be brought to end or still.

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Understood how to observe SENSATIONS, being alert to their arising 24/7, and must be observed with equanimity as soon as they are seen arising in any form. So when sensation of Fear arises; with their inner vision or mind's eye, one immediately observes their effect on body parts being affected with sensations of fear, holistically along with quick body scan from top of head to bottom feet and reverse, seeing, moving their inner vision quickly across the body not stopping at any location even for a second, starting FIRST from the body parts being affected with sensations of fear along with with quick body scan top to bottom and reverse.

.

Insight Meditation or VIPASSANA BODY SCAN to observe sensations and feelings on body parts while scanning through the mind's eye or inner vision from top of head to bottom feet and reverse making sure to NOT stop or take a pause even for a second anywhere on body part being walked over with inner vision.

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Learning of 5-KHANDA's (Form, feelings, perceptions, volitional acts, CONSCIOUSNESS) [known as SANKHYA YOGA in Bhagavada Gita], these are elements of SELF visible as no-self to the mind or inner vision.

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Learning about Mental contents {mental images, thoughts] as NO-SELF [void] whose base is 6 sense media or what is known as acquired MATERIAL NATURE, and past CONSCIOUSNESSES whose base is elements of SELF that are visible as no-self to the mind, and Gross Body Sensations [impermanent] whose base is SELF with physical elements (earth, fire, air, sky, water).

.

Learn about 5 mental hindrances (Guilt, sloth and torpor, sensual desires, aversions, doubt)

.

Initial understanding of how to observe MENTAL CONTENTS and Body SENSATIONS and PHENOMENON. While Mental contents are 'no self' as their source is the mind which is a collection of CONSCIOUSNESSES from birth till date, Gross Body sensations are based on the SELF that is in physical form i.e. this body with 6 sense media.

.

Understanding that arisen CONSCIOUSNESSES (fear, anger, panic, phobia, depression, feeling of disrespect or humiliation etc.) can be let go as MATERIAL NATURE not worth engaging, while Body Sensations (Cut, wound, pain, sweat, hunger, itch, tingling pain etc.) are observed with equanimity and objectively as ANICCA or impermanent nature of body sensation that arise, persist for a while and cease till they have been resolved.

.

Understanding of PHENOMENON that are in a state of flux over which BEINGS have no control and they must be handled in such a way that craving/aversion/delusion (i, me, mine or them) and clinging does not arise after any interaction with worldly objects or phenomenon that arise and cease on day to day basis.

.

Learning of how to STOP cycle of birth-suffering-death by NOT creating CONSCIOUSNESSES that are afflicted with craving/aversion/delusion (i, me, mine or them) and clinging.

.

Learning of difference between what is SELF with No-SELf or 5 KHANDA-elements [Mind), and What is SELF with Physical element (Body).

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TRANSCENDED mind as MATERIAL NATURE not worth engaging and must be let go immediately as soon they are seen arising, Body Sensations as ANICCA/ANITYA/of Impermanent nature, and to be observed with equanimity at the source location of body part, moving within inflicted body part, not taking pause even for a second, simply walking inner vision over every sensation as part of body scan, making sure to start body scan from un-inflicted body part to inflicted body part - again back to un-inflicted body part when walking mind'e eye or inner vision to scan for body sensations. TRANSCENDED PHENOMENON with the understanding that every phenomenon or incident or WORLDLY INTERACTION that is thrust upon us, must be faced in such a way that there is NO craving/aversion/delusion (i, me, mine or them) and clinging arise after any interaction with worldly objects or phenomenon on both sides , ours as well towards the worldly object of interaction.

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Learning about MAterial Nature and Spiritual Nature.

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A SADHAK, who trains himself to see CONSCIOUSNESSEs/SENSATIONS as separate entities, detached from the body, 'does not consider the body to be present' and simply observes sensations/CONSCIOUSNESS 24/7 as detached /isolated entities will eventually be able to see himself as JUST THE CONSCIOUSNESSES as the first step towards SELF REALIZATION.

.

This path to SELF REALIZATION is the same as knowing oneself first as iPhone / BODY, then knowing oneself NOT as iPhone/Body but as Software-Apps / CONSCIOUSNESSES and finally knowing oneself as Handler/Operator of iPhone-Software-Apps aka HUMAN-BEING/ NAME-FORM-CONSCIOUSNESSES aka the SOUL;

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what is objective observation and equanimity? An objective observer simply observes, DETACHED, all things as they are, without giving any

opinion, does not give any emotional reactions, maintaining absolute equanimity by not creating any craving or aversion OR REACTION, towards the object of interaction or meditation (breath, phenomenon, sensations, mental hindrances). An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING.

An Objective observer applies DETACHED AWARENESS.

It is understood that when one REACTS, he generates sankhara or mental defilements, but when one RESPONDS with AWARENESS, that every interaction with outside objects, or phenomenon, must not give rise to craving or aversion, then one has understood EQUANIMITY. Thus, one shall RESPOND WITH AWARENESS and AVOID REACTING **or creating AVERSION** to any phenomenon or interaction with outside objects or persons, sensations, or mental hindrances, and when doing so he makes sure not to give rise to craving or aversion of any kind, **this is EQUANIMITY as understood by sadhak.**

*/

In General; During the INSIGHT MEDITATION/Vipassana body scan method to observe SENSATIONS/Feelings on the body, the following example shall be applied to observe sensations and feelings:-

.

Just as, "when walking on hot coals, one must walk swiftly without pausing even for a second, and if one keeps the feet on burning hot ash/coals even for a seconds pause, there is a chance of feet getting burnt, similarly one who observes sensations with inner vision moving over the sensations on affected body part, one must not pause even for a second on sensations, but they must keep their inner vision moving over the sensations being felt, slowly and swiftly, moving slowly within inflicted area of body part affected by the sensations.

.

AND; when no sensations are found, one then simply continues to scan the body from top head to bottom feet [including hands], and as soon as sensations are felt on any part of the body then one must then jump to scan the afflicted body part, moving their inner vision slowly and swiftly over sensations within the inflicted area of body part, making sure not to pause their inner vision even for a second on sensations. This is repeated till the sensations have mellowed down.

.

A SADHAK works with the knowledge that ALL SENSATIONS are impermanent and they will cease anyway if SADHAK maintains equanimity, does not react to them, and continues to observe them objectively **and ALSO, making sure to ALWAYS start body scan from un-inflicted body part to inflicted body part with sensations - again back to un-**

inflicted body part when walking mind'e eye or inner vision to scan for body sensations

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COMPARING the working of iPhones CONSCIOUSNESSES with working of SOUL/Human Body- CONSCIOUSNESSES - Document Date- Oct-22-2023

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Monks;

IPhone as a HARDWARE/Body has several SENSE MEDIA/CONSCIOUSNESSES (WhatsApp/ Truecaller/ PhoneDialer / ChromeBrowser and so on).

Thus, in the case of the iPhone, Each of the above-listed SENSE MEDIA/CONSCIOUSNESSES has its own folders/locations for data storage **INSIDE iPHONE HARDWARE-BODY** collected through respective apps/software or "iPHONE-SENSE MEDIA".

.

For example, WhatsApp has its own folder for storage, TrueCaller Has its own folder for storage, PhoneDIaler Has its own folder for storage and ChromeBrowser Has its own folder for storage

.

So now Monks; can we then say that the iPhone as a BODY has several "Software and Apps aka 'sense media' through which data is collected" aka software apps with respective STORAGE locations?

YES

.

And who is the owner of this iPhone Monks?

NAME-FORM [HUMAN BEING] with his own 6 sense media is the OWNER of this iPhone body.

.

Thus, to summarize these monks; can we then say that?

iPhone + software apps aka "iPHONE-SENSE MEDIA" is being OPERATED BY "NAME-FORM {Human Being] and his 6 sense media". **YES**.

.

In the SAME WAY Monks;

.

This HUMAN BODY with 6 SENSE MEDIA (Eye CONSCIOUSNESS, Ear CONSCIOUSNESS, Nose CONSCIOUSNESS, Tongue CONSCIOUSNESS, Brain CONSCIOUSNESS, Body CONSCIOUSNESS), and EACH SENSE MEDIA/CONSCIOUSNESSES has its locations for data storage **INSIDE HUMAN-BODY** collected through the respective 6 Sense Media.

.

So now Monks; can we then say that this HUMAN BODY is a 6-sense media aka CONSCIOUSNESSES through which data is collected" at respective STORAGE CONSCIOUSNESSES locations aka INSIDE HUMAN-BODY-CONSCIOUSNESSES locations?

YES

.

And who is the owner of this HUMAN BODY with 6-sense media, Monks?

"NAME-FORM [SOUL] with its total CONSCIOUSNESSES aka MIND", is the "OWNER of this HUMAN BODY with 6-sense media".

.

Thus to summarise this monks; can we then say that;

Just as iPhone + software apps aka "iPHONE-SENSE MEDIA" is being OPERATED BY "NAME-FORM {Human Being] and his 6 sense media".

Similarly, HUMAN BODY + 6-sense media CONSCIOUSNESSES is being OPERATED BY "**NAME-FORM [SOUL] and MIND** ", which is the

aggregate of total CONSCIOUSNESSES collected from human-body-6-sense-media"

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The Path towards SELF REALISATION- ELEMENTS OF 'SELF' for ('HUMAN BEINGS', 'CONSCIOUSNESS', 'SOUL')- Oct-22-2023

My understanding is that "BUDDHA the blessed one", "neither DENIED nor accepted" the "EXISTENCE or NON-existence" OF the SOUL, as in those days or even now, no way one could prove the existence or non-existence of the SOUL, as one could for the CONSCIOUSNESS which is the FORCE that DRIVES the HUMAN BODY or for that matter plants/insects /mountains/seas and all the material form that exists on the earth or elsewhere.

With the ELEMENTS of SELF or 5-KHANDA's, (Form, feelings, perception, volitional acts that would cognize into CONSCIOUSNESS), Buddha was able to PIN DOWN the sufferings of BEINGS to CONDITIONED CONSCIOUSNESS afflicted by Cravings/Aversion/Deusion and Clinging as the root cause of misery, and he went on to teach us the PATH to NIBBANA and eradication of misery based on 4 noble truths, 8 noble path,s and cleansing of CONSCIOUSNESSES through INSIGHT MEDITATION or VIPASSANA BODY SCAN that objectively and equanimously observe the sensations aka arisen CONSCIOUSNESSES so they can be resolved into BLISSFUL or NEUTRAL for eradication of misery from the root.

.

THE PATH to NIBBANA or "SELF REALIZATION", therefore can be understood only if one understands how the "CONSCIOUSNESSES" are formed or fabricated in the first place, and how are they made visible to the NAME-FORM-MIND [**MIND**] as no-self. Once this is understood, one can then dwell into further research on what happens to the strongest CONSCIOUSNESSES after death, and in what way they are carried forward to the next cycle of birth and what are the ELEMENTS of the SELF for that mode of carry forward state of "CONSCIOUSNESSES' into NEXT BIRTH?

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Thus, the possible ELEMENTS OF the "SELF" for each stage ('HUMAN BEINGS', 'CONSCIOUSNESS', 'SOUL') may be as follows:-

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<u>The 'SELF' that is the PHYSICAL BODY, in the case of HUMAN BEINGS, is defined as;</u>

FORM= Earth elements (earth, fire, air, water, sky), where "form"=Earth Elements, "Feelings" as seen and heard is 'HUMAN BODY', "perception" is that 'HUMAN BODY' with such and such appearance and 6 sense media is a "SPECIFIC NAME-FORM", "Volitional acts or FABRICATION"= understanding 'that this is a HUMAN BEING' and the SAME is COGNISED as 'CONSCIOUSNESS'

.

<u>The 'SELF' that is "CONSCIOUSNESS" is defined as;</u>

Aggregated of 5-khanda as elements of SELF that are "no-self" (form, feelings, perception, volitional acts, consciousness), and in this case, from several elements of SELF, a CONSCIOUSNESS is fabricated' and is visible to the specific name-form aka "SOUL-MIND" as no-self.

.

<u>The 'SELF' that is "SOUL" is DEFINE with ELEMENTS</u> (ETERNAL existence as FORM, STRONGEST consciousness that are blissful/ conditioned [elements or aggregates of SELF (5-KHANDA) that are no-self], GUNA);
THUS, FORM= "ETERNAL existence' or SOUL, STRONGEST "CONDITIONED or BLISSFUL" Feelings/perception/fabrication of CONSCIOUSNESSES that are carried forward from the BEINGS 6-sense-media, along with aggregates of GUNA (SATVA [pure]/TAMAS[impure]/RAJAS [mix of pure+impure])

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CONSCIOUSNESSES and their FACES - Oct-25-2023

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Monks,

ANGER CONSCIOUSNESS IMAGES:

Monks; If you saw a random person with an ANGRY face as in the picture above, would you engage with him? No, you would prefer to distance yourself from him and change paths if possible.

.

In the same way Monks, BEINGS are misled by SENSATIONS OF ANGER WHICH ALTHOUGH IS FACELESS or NO-SELF, is a CONSCIOUSNESS nevertheless, that arises within, and ignorant beings continue to engage with it and suffer the consequences thereof, BEINGS shall not get fooled by CONSCIOUSNESS that has no visible face, as every CONSCIOUSNESS with BODY [BEINGS, PLANTS, Animals, Insects, etc] or WITHOUT BODY (No-SELF only visible to mind like anger, fear, phobia, depression, panic, etc) are capable of creating feeling and sensations upon interacting with them, that make one miserable till these CONSCIOUSNESSES are resolved.

.

"SENSATIONS OF ANGER", is a "ANGER CONSCIOUSNESS" and one shall distance from them as soon as they are visible or seen arising, in the same way you would distance yourself from an angry face as in the picture above.

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DEPRESSION CONSCIOUSNESS IMAGES:

The same goes for all other afflicted CONSCIOUSNESSES like, "Fear CONSCIOUSNESS", 'Phobia of any kind CONSCIOUSNESS", "Depression CONSCIOUSNESS", "feeling of respect or disrespect CONSCIOUSNESS" and so on.
.
But Monks; THE TRUE YOGI IS THE ONE who remains undisturbed across all types of CONSCIOUSNESSES, he simply lets go of all CONSCIOUSNESSES arising out of MIND as "material nature" not worth engaging, and similarly observes all gross body sensations as anicca or impermanent with the observation that is objective and equanimous and for the phenomenon that are in a state of flux and are happening day to day basis, beings makes sure not to create craving/aversion/delusion and clinging during and after INTERACTIONS with worldly objects.

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WAR OF CONSCIOUSNESSES / FACELESS AFFLICTED CONSCIOUSNESSES
-Documents Date - Oct-26-2023

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https://sunildsspiritualsciencespace.quora.com/VIPASSANA-PRACTICE-GUIDE-VIPASSANA-TECHNIQUES-25-Oct-2023-VIPASSANA-buddha-SunilDudia-consciousness-sensations

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Monks;

We are a BUNDLE OF CONSCIOUSNESSES with the SELF ROOTED in PHYSICAL-SELF that is this BODY, and the SELF rooted in NO-SELF (SUB-CONSCIOUSNESSES or sense impressions collected from birth till date only visible to mind as animated or still images as no-self)

.

Now Monks; Each CONSCIOUSNESS is a MANIFESTATION of '12 dependent links', where 6-sense mediate was used to collect sense impressions and volitional act was used to create CONSCIOUSNESSES that become part of SUB-CONSCIOUSNESSES later. These CONSCIOUSNESSES are either AFFLICTED or Blissful or NEUTRAL or just a FABRICATION in "some form of understanding of a phenomenon", like 'understanding of mathematics' or 'understanding of science'.

.

Thus Monks, CUT on body parts manifests into 'CUT CONSCIOUSNESSES', PAIN on body parts manifests into 'PAIN CONSCIOUSNESSES', and so on.

Similarly, there are FEAR CONSCIOUSNESSES, ANXIETY CONSCIOUSNESSES, PHOBIA CONSCIOUSNESSES, and so on.

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And what is the RESOLUTION OF CONSCIOUSNESSES that are afflicted?

Observing every arising of CONSCIOUSNESSES with equanimity [no-reaction or reaction that does not create craving/aversion/delusion/clinging towards these CONSCIOUSNESSES] and objectively [detached observation, seeing CONSCIOUSNESSES as separate entities that arise and cease from time to time as per the law of nature].

.

MONKS;

If you were to SEE an oncoming "MOB OF PEOPLE", who are murderers, thieves, violators of human rights, etc., what would be your reaction to them?

.

Venerable Sir, we would DISTANCE OURSELVES FROM THEM, CHANGE PATH so as to be away from them so that we are NOT HARMED.

.

In the same way monks; when you see a "**MOB of CONSCIOUSNESSES**" that are afflicted (Fear, anxiety, phobia, depression, etc.), you shall distance yourselves from them, avoid temptation to engage with them and simply let go of them.

.

Monks; these are FACELESS AFFLICTED CONSCIOUSNESSES, and BEINGS shall not be confused by their "**FACELESS EXISTENCE"** and must avoid interacting with them.

.

Thus Monks, with the above knowledge can we then say that;

We are always dealing with one or another CONSCIOUSNESSES, that is Blissful, NEUTRAL, Afflicted, or CONSCIOUSNESSES that are just a fabrication/knowledge in some form.

Thus, we are always at WAR or surrounded by CONSCIOUSNESSES that keep us busy in this existence of a material body/form, in this BHAV SAMSARA, the birth-suffering-death cycle, from where there is no exit unless a monk knows the path to a Nibbana.

.

And monks, who is OBSERVER/WITNESS of these MATERIAL CONSCIOUSNESSES that are born out of the interaction of 6-sense mediate with worldly objects and other CONSCIOUSNESSES?

This VERY 'SOUL, with GUNA (Satva Guna, Tamas Guna, Rajas Guna)' and its own CONSCIOUSNESSES is the WITNESS / OBSERVER OF these MATERIAL CONSCIOUSNESSES.

.

And Monks; If there was a SADHAK who is possessed by SORROW due to Loss of business, loss of relatives, ill health, etc, and suddenly he was to see a CHILD who is laughing, coming to him, enchants him

with his smile and heavenly behavior, would not the SADHAK notice the PAUSE or subduing of lamentation and depression for those few moments?

.

And Monks, if this were the case, then is not it established that CONSCIOUSNESSES afflicted by sorrow can be subdued by the CONSCIOUSNESSES that are opposite of the sorrow?

.

And if this is the case, Monks, then how do we MANIFEST the CONSCIOUSNESSES that would surmount the CONSCIOUSNESSES that are causing affliction, sorrow, lamentation, and grief?

.

Monks; There are 2 ways to BRING CONSCIOUSNESSES that would subdue the CONSCIOUSNESSES that are causing grief or a misery

.

First Method;

Observing every arising of CONSCIOUSNESSES with equanimity [no-reaction or reaction that does not create craving/aversion/delusion/clinging towards these CONSCIOUSNESSES] and objectively [detached observation, seeing CONSCIOUSNESSES as separate entities that arise and cease from time to time as per the law of nature].

.

Second Method: [KRISHNA CONSCIOUSNESS, this CONSCIOUSNESS surpasses every other CONSCIOUSNESS and one is able to dwell away from the afflicted CONSCIOUSNESS by simply CHANTING HARE KRISHNA MANTRA], and every time a SADHAK sees afflicted CONSCIOUSNESS arising, he simply starts to CHANT HARE KRISHNA MANTRA, makes sure to listen to VIBRATION of Hare Krishna Mantra being chanted for several minutes.

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https://sunildsspiritualsciencespace.quora.com/VIPASSANA-PRACTICE-GUIDE-VIPASSANA-TECHNIQUES-25-Oct-2023-VIPASSANA-buddha-SunilDudia-consciousness-sensations

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HOW DOES A Monk Observe PAIN or Body part that is HURT

in the present moment? Nov-6-2023

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Monks;

A SADHAK SHALL strive to change the habit pattern from "wallowing in sensations" to simply observing them with EQUANIMITY and OBJECTIVE OBSERVATION.

.

An OBJECTIVE OBSERVER, upon arising due to any type of hurt, (Due to strong contact of a body part with a hard surface, that causes pain and other sensations);-

A Sadhak, upon getting hurt BODILY due to any reason, immediately starts to observe the location of the body part and does not get into wallowing mode as follows:;

.

Through his inner vision or mind's eye;-

one by one, He sees several sensations arising and passing away at part of the body that is hurt,

one by one, he sees numbness arising and passing away,

one by one, he sees different types of pain in hurt body parts, arising and passing away,

A monk thus, sees different kinds of sensations arising and passing away one by one.

,

A SADHAK moves his inner vision to the part of the body location that is alive with hurt in the present moment, and simply continues to note and makes himself aware of different kind of sensations that are arising and

passing away one by one, and he simply sees them as an objective observer without any REACTION whatsoever.

.

He simply moves his inner vision from observing one arising sensation to the next arising sensation, without taking a pause even for a second at the present sensation being observed and once a specific sensation is observed, he simply moves his inner vision to the next arising sensation, and he continues the observation till all the sensations have been made a 'note of', and the hurt body part is now subdued and is not emitting sensations anymore.

.

This is the WAY Monks; a SADHAK observes a BODY PART ALIVE WITH HURT, that was caused in PRESENT MOMENT. He strives to change the habit pattern from "wallowing in sensations" to simply observing them with EQUANIMITY and OBJECTIVE OBSERVATION.

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Evidence of ETERNAL ENTITY "SOUL", in the case of HUMAN BEINGS and

'FIXED CONSCIOUSNESSES' in the case of other entities - Nov-7-2023

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Monks;

Today I shall let you know the evidence of that eternal entity aka SOUL in the case of "HUMAN BEINGS" which NO ONE CAN REFUTE;

.

Monks;

All the entities are manifestations of "BUNDLE OF CONSCIOUSNESSES", or in other words, "AGGREGATES OF CONSCIOUSNESSES" that acquire a PHYSICAL FORM as it appears to the 6 sense media in the case of human beings.

.

Monks; We can define the bundle of CONSCIOUSNESSES as '**FIXED CONSCIOUSNESSES'** as is the case with mountains, plants, animals, insects, etc, and **'VARIABLE CONSCIOUSNESSES**' in the case of HUMAN BEINGS.

.

NOW, As per the LAW OF NATURE, A BUNDLE OF CONSCIOUSNESSES acquires a specific physical form and continues to behave and work as per its features, But Monks; only in the case of HUMAN BEINGS 'CONSCIOUSNESSES" can be collected, modified and controlled, and this CONTROL is done by eternal entity known as "the SOUL".

That means, although PLANTS, ANIMALS, INSECTS, and Creatures of the SEA are also a bundle of CONSCIOUSNESSES, and all these behave as per the features of the CONSCIOUSNESSES that manifest them or define them, and they continue to behave exactly the same way as per the "FIXED CONSCIOUSNESSES" they have acquired.

Thus,

Various Mountains are a bundle of CONSCIOUSNESSES that makes them look like MOUNTAIN with specific FIXED Features.

Various PLANTS are a bundle of CONSCIOUSNESSES that make them look like PLANTS with specific FIXED Features.

Various INSECTS are a bundle of CONSCIOUSNESSES that make them look like INSECTS with specific FIXED Features.

Various ANIMALS are a bundle of CONSCIOUSNESSES that make them look like ANIMALS with specific FIXED Features.

.

That means; Monks; All sheep look and behave in the same as per the CONSCIOUSNESSES features that manifest them.

That means; Monks; All HORSES look and behave in the same as per the CONSCIOUSNESSES features that manifest them.

That means; Monks; all specific PLANTS look and behave in the same as per the CONSCIOUSNESSES features that manifest them.

and so on.

.

But monks, ONLY IN THE CASE OF THE HUMAN BEINGS although they are also a BUNDLE OF CONSCIOUSNESSES, they do not behave in specific features which manifested them as they are capable of collecting, modifying and erasing CONSCIOUSNESSES during their lifetime and therefore you see each HUMAN BEING behaves differently which is not the case in the case of ANIMALS, PLANTS, INSECTS and other such ENTITIES WITH FIXED CONSCIOUSNESSES.

.

Now Monks; if that is the case then SOME WOULD ARGUE, how come some animals can be trained to become more powerful and more intelligent than other animals of their own groups?

.

The answer is Monks; although they do not possess the SOUL that can direct them, in their cases, the SOUL of HUMAN BEINGS that directs the CONSCIOUSNESSES of Human beings is also able to DIRECT the CONSCIOUSNESSES of animals beings trained under them.

.

Thus monks; it is clear that the EXISTENCE OF the SOUL is what is responsible for CONTROLLING the consciousnesses of HUMAN BEINGS, and the SAME SOUL of SPECIFIC HUMAN BEING, is also able to CONTROL CONSCIOUSNESSES of ANIMALS or other entities like PLANS (SOUL is able to genetically modify them), mountains, sea's etc.

.

THUS MONKS; ETERNAL ENTITY AKA SOUL is what CONTROLS THE CONSCIOUSNESSES in the case of HUMAN BEINGS and in the case of other entities, that is why HUMAN BEINGS as a SUPERIOUS CONSCIOUSNESSES FORM that are able to not only change and control their OWN CONSCIOUSNESSES as they progress during the birth life cycle but they are also able to CONTROL and MODIFY other FIXED CONSCIOUSNESSES that persist in the case of PLANT, ANIMALS, MOUNTAIN, SEA's and so on.

.

Or, it can also be argued that Other Entities (Plants, insects, animals etc) do have a SOUL but it so WEAK or FIXED, that it is not able to

CONTROL or DIRECT the underlying CONSCIOUSNESSES of the physical form.
.
Thus, it can be argued that; it is the JOURNEY OF the SOUL, the eternal entity, to manifest itself in to HIGHEST FORM with the help of CONSCIOUSNESSES and subsequent physical form that it acquires across several birth-death cycles so that it can reach the "HIGHER SELF" and merge with another HIGHER ETERNAL ENTITY called 'BRAHMA"

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What is the simple meaning of KRISHNA CONSCIOUSNESS - NOv-11-2023?

Monks;
Today I shall Inform you the easiest way to understand "What is KRISHNA CONSCIOUSNESS ?"
.

What are the Different Phenomena we encounter in daily life monks?
These are nothing but VARIOUS CONSCIOUSNESSES that grip us from time to time.
.
Thus Monks;
Fear CONSCIOUSNESS may grip us at certain times;
Anger CONSCIOUSNESS may grip us at certain times;
Anxiety CONSCIOUSNESS may grip us at certain times;
Depression CONSCIOUSNESS may grip us at certain times;
Panic CONSCIOUSNESS may grip us at certain times;
Migraine CONSCIOUSNESS may grip us at certain times;
Starting of COLD/COUGH CONSCIOUSNESS may grip us at certain times;
And So On;
.
And Monks, if there is a person gripped with depression CONSCIOUSNESS, who continues to lament and feels sad all the time, suddenly sees a MISCHIEVOUS CHILD and this CHILD simply laughs at him whenever he sees him, and as you see monks, for those moments, the person does not feel depressed as he is engulfed by the sudden laughs by this child.
.
and Monks; Why did the person who was lamenting suddenly feel tranquil and at ease, for those few moments he saw a laughing Child?
.
And I tell you Monks, this is because "LAUGH CONSCIOUSNESS overcomes the "depression CONSCIOUSNESS,' for those few moments, **it is**

understood monks that a "Blissful form of CONSCIOUSNESS" is what is needed to SUBDUE 'All Negative types of CONSCIOUSNESSES".
.

AND Monks, What is the MOST SUPERIOR and BLISSFUL form of CONSCIOUSNESS that one needs to overcome all other types of negative CONSCIOUSNESSES?
.

"KRISHNA CONSCIOUSNESS" is the ANSWER MONKS.
AND REGULAR CHANTING OF THIS HARE KRISHNA MANTRA is enough to subdue all other types of CONSCIOUSNESSES.
MANTRA TEXT:- " Hare Krishna Hare Krishna, Krishna Krishna Hare Hare, Hare Rama Hare Rama, Rama Rama Hare Hare'
But monks, when chanting this mantra, one must also hear their own chant voice during the chanting of this mantra to give you full benefit.
.

So monks;
Next time, if there is a "Fear CONSCIOUSNESS" that may grip us at certain times; you should immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"
Next time, if there is an Anger CONSCIOUSNESS that may grip us at certain times; you shall immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"
Next time, if there is a Fear CONSCIOUSNESS that may grip us at certain times; you should immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"
Next time, if there is an Anxiety CONSCIOUSNESS that may grip us at certain times; you should immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"
Next time, if there is a Depression CONSCIOUSNESS that may grip us at certain times; you shall immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"
Next time, if there is a "Starting of COLD/COUGH CONSCIOUSNESS" may grip us at certain times; you shall immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"
And So On;
.
Thus Monks; when one talks about "KRISHNA CONSCIOUSNESS', It only means that you have a ONE and ONLY ONE superior "Blissful

form of HARE KRISHNA MANTRA CONSCIOUSNESS", and CHANTING OF THIS MANTRA shall SUBDUE all other CONSCIOUSNESSES.

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How does a BEING with MATERIAL BODY learn to connect with the eternal being aka SOUL? Nov-18-2023
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Bhikkhuu's,

When one gets the NEW iPhone and operates software apps, he can see ALL THE DATA that was created after the phone was bought.

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Then Bhikkhuu's, How does one connect back to previous data stored and operated on previous phones?

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When the operator aka "a being" is connected to the iPhone with "cloud storage aka his Google account", for example, the operator aka a BEING is now able to see DATA that was created newly on this newly bought iPhone as well as he can see data carried forward from the previous phones software/apps with the help of GOOGLE ACCOUNT which is a CLOUD STORAGE for all his data.

.

Also, the point to be noted here is that previous DATA JUST RE_APPEARS when the iPHONE is connected to CLOUD STORAGE, this DATA IS NOT RE-BORN.

But iPHONE can bring previously carried forward data only when it connects to the CLOUD STORAGE.

Thus, this is a JOURNEY OF A BEING who continues to use his software apps with various NEW PHONES, till the journey of a BEING is completed until death.

.

Now Bhikkhuus', In the SAME way when a BEING is born with a MIND-BODY and DEFAULT CONSCIOUSNESSES that gives him specific bodily features and CONSCIOUSNESSES to operate in a certain specific way and he continues to live and operate as per the MATERIAL CONSCIOUSNESSES that he collects or acquires over the lifetime from birth till date.

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But Bhikkhuu's, how does one BRING PREVIOUSLY CARRIED FORWARD CONSCIOUSNESSES that made the present birth possible in a newly acquired BODY?

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It is the job of the "BEING", to first recognize himself as NOT just a body but as a SOUL, A BEINGS has to connect with the SOUL FIRST so that he can DIP into SOUL-CONSCIOUSNESSES aka previous BIRTH CONSCIOUSNESSES that were collected across several births.

.

Being BORN in a NEW BODY, a "being", continues to operate as per newly acquired CONSCIOUSNESSES in this present birth and IGNORANTLY CONTINUES to believe that he is a MIND_BODY and thus until he learns to connect with the SOUL by taking a SPIRITUAL PATH, his journey to merge with higher self aka BRAHMAN remains unfulfilled and the cycle of MISERY aka Birth-suffering-Death continues to haunt him till he has understood the path to a nibbana by recognizing first that he is not a BODY, but a SOUL and so he must collect CONSCIOUSNESSES that are blissful and NOT CONDITIONED by Craving/aversion/delusion (I, Me, Mine AKA EGO) and CLINGING.

.

A BEING then learns the truth about suffering (4 Noble truths, cause-origination-cessation of suffering), and learns 8 noble paths by not creating CONSCIOUSNESSES that are CONDITIONED by Craving/aversion/delusion (I, Me, Mine AKA EGO) and CLINGING.

He further learns techniques of mindfulness, and insight meditation, and thus learns how the **CONSCIOUSNESSES are fabricated in the first place by following formula of 12 DEPENDENT LINKS. He then learns to CLEANSE CONSCIOUSNESSES and is thus able to connect back to the SOUL after the SELF REALIZATION.**

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"KRISHNA CONSCIOUSNESS', EXPLAINED AGAIN- Nov-20-2023

"KRISHNA CONSCIOUSNESS', EXPLAINED AGAIN- Nov-20-2023

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Monks;

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ATTENTION to SPECIFIC CONSCIOUSNESS is the one that decides if you are going to be miserable or blissful.

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Thus,

if one focuses on FEAR CONSCIOUSNESS, then he is always fearful

if one focuses on ANGER CONSCIOUSNESS, then he is always ANGRY

if one focuses on PANIC CONSCIOUSNESS, then he is always under panic

if one focuses on DEPRESSION CONSCIOUSNESS, then he is always under depression

if one focuses on 'COLD COUGH CONSCIOUSNESS, then he is always coughing

and so on;

.

Just like a WARRIOR armed with the BEST SWORD is able to fight away the enemy, in the same way Monks, a SADHAK is able to SUBDUE various other CONSCIOUSNESSES with a SUPERIOR AND BLISSFUL form of CONSCIOUSNESS, and monks, "KRISHNA CONSCIOUSNESS" is the one here that shall protect you from various other CONSCIOUSNESSES.

.

AND Monks, What is the MOST SUPERIOR and BLISSFUL form of CONSCIOUSNESS that one needs to overcome all other types of negative CONSCIOUSNESSES?

.

"KRISHNA CONSCIOUSNESS", is the ANSWER MONKS;-

AND REGULAR CHANTING OF THIS HARE KRISHNA MANTRA is enough to subdue all other types of CONSCIOUSNESSES.

MANTRA TEXT:- " Hare Krishna Hare Krishna, Krishna Krishna Hare Hare, Hare Rama Hare Rama, Rama Rama Hare Hare'

But monks, when chanting this mantra with spoken words [never in mind], one must TOTALLY FOCUS on CHANT VIBRATIONS and also hear their own chant voice during the chanting of this mantra to give you full benefit.

.

As per the law of nature, the PRIMARY ATTENTION TO THE SPECIFIC CONSCIOUSNESS is the cause of burden or blissfulness.

Thus, a SADHAK who continues to attends to CONSCIOUSNESSES that cause misery is always miserable. But if a SADHAK learns to change the PRIMARY focus back to "KRISHNA CONSCIOUSNESS", then he has learned how to subdue CONSCIOUSNESSES that cause misery.

.

Here, WHILE CHANTING HARE KRISHNA MANTRA, a SADHAK ensures that each and every spoken word or chant of the MANTRA is being observed and listened while chanting. A SADHAK always ensures that when attending to "KRISHNA CONSCIOUSNESS aka chant of hare krishna MANTRA", he is totally focused on listening to vibrations and chant voice during SPOKEN chant of hare krishna mantra.

.

Monks; a SADHAK who is always immersed in "KRISHNA CONSCIOUSNESS", remains blissful, subduing all other CONSCIOUSNESSES that surround him otherwise.

.

Thus Monks; when one talks about "KRISHNA CONSCIOUSNESS', It only means that you have a ONE and ONLY ONE superior "Blissful form of HARE KRISHNA MANTRA CONSCIOUSNESS", and CHANTING OF THIS MANTRA shall SUBDUE all other CONSCIOUSNESSES.

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PREVIOUS POST ON **"KRISHNA CONSCIOUSNESS' ;**
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What is the simple meaning of KRISHNA CONSCIOUSNESS - NOv-11-2023?

Monks;
Today I shall Inform you the easiest way to understand "What is KRISHNA CONSCIOUSNESS ?"
.

What are the Different Phenomena we encounter in daily life monks?
These are nothing but VARIOUS CONSCIOUSNESSES that grip us from time to time.
.
Thus Monks;
Fear CONSCIOUSNESS may grip us at certain times;
Anger CONSCIOUSNESS may grip us at certain times;
Anxiety CONSCIOUSNESS may grip us at certain times;
Depression CONSCIOUSNESS may grip us at certain times;
Panic CONSCIOUSNESS may grip us at certain times;
Migraine CONSCIOUSNESS may grip us at certain times;
Starting of COLD/COUGH CONSCIOUSNESS may grip us at certain times;
And So On;
.
And Monks, if there is a person gripped with depression CONSCIOUSNESS, who continues to lament and feels sad all the time, suddenly sees a MISCHIEVOUS CHILD and this CHILD simply laughs at him whenever he sees him, and as you see monks, for those moments, the person does not feel depressed as he is engulfed by the sudden laughs by this child.
.
and Monks; Why did the person who was lamenting suddenly feel tranquil and at ease, for those few moments he saw a laughing Child?

.
And I tell you Monks, this is because "LAUGH CONSCIOUSNESS overcomes the "depression CONSCIOUSNESS,' for those few moments, **it is understood monks that a "Blissful form of CONSCIOUSNESS" is what is needed to SUBDUE 'All Negative types of CONSCIOUSNESSES".**
.

AND Monks, What is the MOST SUPERIOR and BLISSFUL form of CONSCIOUSNESS that one needs to overcome all other types of negative CONSCIOUSNESSES?
.

"KRISHNA CONSCIOUSNESS" is the ANSWER MONKS.
AND REGULAR CHANTING OF THIS HARE KRISHNA MANTRA is enough to subdue all other types of CONSCIOUSNESSES.
MANTRA TEXT:- " Hare Krishna Hare Krishna, Krishna Krishna Hare Hare, Hare Rama Hare Rama, Rama Rama Hare Hare'
But monks, when chanting this mantra, one must also hear their own chant voice during the chanting of this mantra to give you full benefit.
.

So monks;
Next time, if there is a "Fear CONSCIOUSNESS" that may grip us at certain times; you should immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"
.
Next time, if there is an Anger CONSCIOUSNESS that may grip us at certain times; you shall immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"

.
Next time, if there is a Fear CONSCIOUSNESS that may grip us at certain times; you should immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"

.
Next time, if there is an Anxiety CONSCIOUSNESS that may grip us at certain times; you should immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"

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Next time, if there is a Depression CONSCIOUSNESS that may grip us at certain times; you shall immediately start chanting "HARE KRISHNA

MANTRA for at least a few minutes making sure to listen to your own chant voice"

.
Next time, if there is a "Starting of COLD/COUGH CONSCIOUSNESS" may grip us at certain times; you shall immediately start chanting "HARE KRISHNA MANTRA for at least a few minutes making sure to listen to your own chant voice"
And So On;
.
Thus Monks; when one talks about "KRISHNA CONSCIOUSNESS', It only means that you have a ONE and ONLY ONE superior "Blissful form of HARE KRISHNA MANTRA CONSCIOUSNESS", and CHANTING OF THIS MANTRA shall SUBDUE all other CONSCIOUSNESSES.

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Accumulation of EXHALE - Nov-22-2023

The Problem of SHORT BREATH / Short ExHALE

Accumulation of EXHALE - Nov-22-2023

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Many times one may wake up to find the urge to QUICKLY exhale a few times as one feels he is choking on breath.

One has to EXHALE EXPLICITLY forcefully through the nostrils a few times to avoid choking due to the breath or accumulation of EXHALE (Co2).

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Now this problem is due to the sudden change in breath pattern where the breath is SHORT and where the EXHALE through nostrils is not enough or complete.

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We can correct the breath pattern in 2 ways;-

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Method-1 (observation of INHALE air within the nose walls)

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First, SLOWLY EXHALE 2-3 times explicitly through the nostrils

Here one sits comfortably and relaxed. EYES are CLOSED, MOUTH SHUT.

DO NOT CONTROL the breath here, the breath movement shall be automatic in backward and forward motion.

.

Exhale once through nostrils, slowly, once more

.

Next, through the inner vision or mind's eye, one then continues to observe the INHALE AIR as it reaches within/inside the nose, till the inhaled air reaches the maximum length.

Now at the point the INAHLE breath/Air reaches its maximum, an EXHALE is performed right there at the location where the inhale ends within nose walls.

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Do this for at least a minute or two.

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Do this 2-3 times a day.

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END [You will now notice that the breath is now going up to the stomach and there is no more short breath]

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Method 2 (observation of INHALE air within the nose walls)

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This breathing exercise shall be done daily and shall help you remain fit and always oxygenated

and never you will have belly fat ever, even after eating frequent meals every now and then.

SIT/STAND in a relaxed upright motionless/still position. Keep your mouth shut. Let natural breath happen for 10-20 seconds

.

Exhale once or twice through nostrils, slowly.

Always start breathing exercises with EXPLICIT EXHALE first.

.

Any time AFTER ‘next EXHALE’, HOLD or PINCH your NOSE with index and thumb fingers, keeping your mouth shut,

.

Start counting inside head, 1001, 1002, 1003 ….. (1001 = 1 second)

.

HOLD TILL MAXIMUM till the time you cannot hold anymore. (You must increase your hold time gradually to a minimum of 45 seconds or more as per your lung power)

.

Always, YOU MUST Hold Breath till STRONG URGE TO BREATH again.

.

Once you feel the urge to release the nose after a minimum of 45 seconds of breathing hold, you can release the nose and let a natural inhale exhale happen for at least 45 seconds to 1 minute

BUT DURING THIS TIME, WITH INNER VISION OR MIND's EYE, you must observe EVERY INHALE as it reaches the stomach for every inhale, for the next 4-5 INHALES.

.

YOU MUST NEVER TRY TO REGULATE THE BREATHE, all breathing shall be natural. Keep your mouth shut always.

.

STOP AND WAIT FOR at least a minute.

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Repeat the above steps at least one more time.

Method 3 [ANULOM VILOM]

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PERFORM ANULOM VILOM making sure to observe with inner vision, every inhale as it reaches the stomach.

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PRESENT MOMENT CONSCIOUSNESSES/ Attending to NEUTRAL CONSCIOUSNESSES to subdue CONDITIONED CONSCIOUSNESSES- Nov-24-2023

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Monks;

As we discovered in the previous learning's, ATTENDING to the CONSCIOUSNESSES that are opposite of misery CONSCIOUSNESSES, CONSCIOUSNESSES that are blissful or NEUTRAL [[NOT CONDITIONED]] is the SECRET to SUBDUING OF CONSCIOUSNESSES that cause misery.

.

Now monks; THE LAW OF NATURE already has a CURE FOR CONSCIOUSNESSES that cause misery, and what is that cure monks?

.

"**TO ALWAYS LIVE IN THE PRESENT MOMENT and attend to CONSCIOUSNESSES that are NEUTRAL [CONSCIOUSNESSES that are NOT CONDITIONED by craving/aversion/delusion/clinging]"**, attending to NEUTRAL CONSCIOUSNESSES every moment, takes away the attention from CONSCIOUSNESSES that cause misery.

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Thus Monk's;

For example, WHEN WATCHING TV, one should MAKE AN EFFORT TO FOCUS AND listen to each and every word [VOICE CONSCIOUSNESSES].

.

When walking, one shall make an effort to FOCUS AND listen to each and every SURROUNDING VOICES [VOICE CONSCIOUSNESSES], that pass by.

.

When Talking to the people in the gathering or just sitting quietly in the gathering or in an open space, one shall FOCUS COMPLETELY on the voices being heard [VOICE CONSCIOUSNESSES].

.

ALWAYS TURN YOUR FOCUS towards NEUTRAL or BLISSFUL CONSCIOUSNESSES to subdue CONSCIOUSNESSES that cause misery.

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What are the other NEUTRAL CONSCIOUSNESSES Monks, one can attend to, to live in the present moment?

.

Any CONSCIOUSNESSES that one observes OBJECTIVELY are NEUTRAL CONSCIOUSNESSES, but one must focus on them in such a way that ALL OTHER CONSCIOUSNESSES are subdued, that means NEUTRAL or BLISSFUL CONSCIOUSNESSES are always a PRIMARY FOCUS of your mind and matter (body).

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Monks; always living in the present moment, attending with primary focus to CONSCIOUSNESSES that are NEUTRAL OR BLISSFUL is the way a monk can SUBDUE CONSCIOUSNESSES that cause MISERY.

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SOUL in the CONTEXT OF iPHONE Explained

Journey of iPhone v/s SOUL- Nov-26-2023

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Monks,

Just like a BEING [NAME-FORM] is given an iPhone and various software/apps that can be added/removed on the iPhone,

.

in the same way Monks; a SOUL has been given this BODY and CONSCIOUSNESSES that a SOUL COLLECTS/CHANGES/REMOVES over the life cycle starting from the Birth of NAME-FORM

.

And just as the perishing of the iPhone does not mean that a BEING [name-form] shall stop using the new iPhone, in the same way monks, the death of the BODY [name-form], does not mean that the journey of SOUL has ended.

,

In Both cases;

a Being [name-form] continues to acquire a NEW iPhone, and all the previous software and data is carried forward to the new iPhone with the help of GOOGLE ACCOUNT.

.

In the same ways monks; a SOUL continues to acquire new BODY [name-form], only in this case, a BEING [name-form] must undergo NIBBANA and

SELF REALIZATION to connect with old CONSCIOUSNESSES that are part of the SOUL, collected over the several birth and death cycle of the BODY.

.

Thus Monks, Just as an iPhone must connect with a GOOGLE ACCOUNT to bring previous PHONE data, in the same way Monks, a BEING [name-form] must learn to connect with the SOUL with SELF REALIZATION, in order to understand the cycle of birth and death.

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Resolution of CONSCIOUSNESSES lies in
PRESENT MOMENT CONSCIOUSNESS - LAW OF NATURE- Dec-4-2023

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Monks, What is the RESOLUTION OF Depression CONSCIOUSNESS, anger CONSCIOUSNESS, panic CONSCIOUSNESS, anxiety CONSCIOUSNESS, cold cough CONSCIOUSNESS, fever CONSCIOUSNESS, migraine CONSCIOUSNESS at surface level?

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Monks;

We continue to shift our attention from one CONSCIOUSNESS to another, and the nature of CONSCIOUSNESS that we attend to, decides whether we are in blissful/neutral mode or in a misery mode.

.

But Monks, The LAW OF NATURE provides the cure to CONSCIOUSNESSES that cause misery, and how does that work?

Answer: FOCUSED and COMPLETE/immersed ATTENTION TO THE PRESENT MOMENT CONSCIOUSNESSES that are of a blissful or neutral nature shall SUBDUE all other CONSCIOUSNESSES that grip us from time to time.

.

This although is a SURFACE LEVEL resolution of CONSCIOUSNESSES that cause us misery, but one can rid oneself of attending to CONSCIOUSNESSES that cause misery and for this one shall EXPLICITLY SHIFT ATTENTION TO CONSCIOUSNESSES that are of blissful or neutral nature.

**** To ROOT OUT CONSCIOUSNESSES that cause MISERY at deepest levels, one shall go through the path of NIBBANA, cleansing of CONSCIOUSNESSES and INSIGHT MEDITATION as has been taught in my previous posts ****

.

For example, one shall continue to focus or give undivided FOCUSED/immersed attention to VOICES that one hears around us. Voices coming from TV Set, from birds, motors, vehicles, lakes, sea, etc, are of a blissful or neutral nature, and attending to them every moment, listening to every word, noise, and voice, shifts the attention to CONSCIOUSNESSES that are not of type MISERY.

.

Also, "**CHANTING OF HARE KRISHNA MANTRA"**, and listening to your own voice chant, completely focused, immersed, and giving undivided attention to the chant voice being chanted shall also SUBDUE the CONSCIOUSNESSES that NOT OF BLISSFUL or NEUTRAL NATURE.

.

Thus Monks, EXPLICITLY shifting our primary focus to attend to CONSCIOUSNESSES that are of blissful/neutral nature is the way a monk subdues all CONSCIOUSNESSES that are of miserable nature (subduing of **Depression CONSCIOUSNESS, anger CONSCIOUSNESS, panic CONSCIOUSNESS, anxiety CONSCIOUSNESS, cold cough CONSCIOUSNESS, fever CONSCIOUSNESS, migraine CONSCIOUSNESS etc**)

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ARISING/SUBDUING of SENSATION v/s ARISING/SUBDUING OF CONSCIOUSNESS

Subduing CONSCIOUSNESS upon arising - LAW OF NATURE - Dec-8-2023

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Monks;

Buddha the blessed one has already given us the technique of observing SENSATIONS upon their arising, and observing them objectively and with equanimity as soon as the SENSATIONS arise, and this subdues the SENSATIONS at the nip of the bud.

.

Today Monks, I shall tell you the same about CONSCIOUSNESSES and how to subdue them upon their arising.

.

In this case Monks, one is alert to the arising of any CONSCIOUSNESS that may cause MISERY and here a Monk, being aware of the arising of such miserable type of CONSCIOUSNESS, "immediately turns his attention to CONSCIOUSNESS that is of type BLISSFUL or NEUTRAL".

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A Monk has already identified such few blissful or neutral CONSCIOUSNESSES and learned to prevail upon them by training them to switch attention to these blissful or neutral CONSCIOUSNESSES as soon as a Monk sees arising of CONSCIOUSNESSES that may cause him misery.

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Here a Monk knows that as per the law of nature, we continue to shift attention from one CONSCIOUSNESS to another, and the nature of CONSCIOUSNESS that we attend to decides whether we are in blissful/neutral mode or a misery mode.

.

The LAW OF NATURE ALSO provides the cure to CONSCIOUSNESSES that cause misery, and how does that work?

Answer: FOCUSED and COMPLETE/immersed ATTENTION TO THE PRESENT MOMENT CONSCIOUSNESSES that are of a blissful or neutral nature shall SUBDUE all other CONSCIOUSNESSES that grip us from time to time.

.

This although a SURFACE LEVEL resolution of CONSCIOUSNESSES that cause us misery nevertheless one can rid oneself of attending to CONSCIOUSNESSES that cause misery and EXPLICITLY SHIFT ATTENTION TO CONSCIOUSNESSES that are of blissful oe neutral nature. To ROOT OUT CONSCIOUSNESSES that cause MISERY at the deepest levels, one shall go through the path of NIBBANA and INSIGHT MEDITATION as has been taught in my previous posts.

.

For example, one shall continue to focus or give undivided attention to the VOICES that one hears around us. Voices coming from TV Sets, from birds, motors, vehicles, lakes, sea, etc, are of a blissful or neutral nature, and attending to them every moment, listening to each and every word, noise, and voice, shifts the attention to CONSCIOUSNESSES that are not of type MISERY.

.

Or CHANTING OF HARE KRISHNA MANTRA, and listening to your own voice chant, completely focused, immersed, giving undivided attention to chant voice being chanted shall also SUBDUE the CONSCIOUSNESSES that NOT OF BLISSFUL or NEUTRAL NATURE.

.

Thus Monks, EXPLICITLY shifting their primary focus to attend to CONSCIOUSNESSES that are of blissful/neutral nature is the way a monk subdues all CONSCIOUSNESSES that are of miserable nature (Depression CONSCIOUSNESS, anger CONSCIOUSNESS, panic CONSCIOUSNESS, anxiety CONSCIOUSNESS, cold cough CONSCIOUSNESS, fever CONSCIOUSNESS, migraine CONSCIOUSNESS, etc)

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How does a MONK TRAIN HIM to switch attention to CONSCIOUSNESS of type blissful or neutral so as to subdue CONSCIOUSNESS that may cause him misery?

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In one example of how to train oneself to observe **CONSCIOUSNESS of type blissful or neutral**,

Here, a MONK learns to CHANT 'HARE KRISHNA MANTRA', for several weeks and continues to chant 'HARE KRISHNA MANTRA' while walking, sitting, or sleeping and thus trains him to always shift attention to 'HARE KRISHNA MANTRA' at will.

.

Similarly, a Monks trains himself to always shift attention to surrounding voices coming from birds, lakes, sea, and TV sets [focusing on listening to each and every word from surrounding or nearby voices]

.

Once trained on shifting attention to CONSCIOUSNESS of type blissful or neutral;-

.

A Monk when he sees arising of cold/cough CONSCIOUSNESS, he knows that CONSCIOUSNESS of type misery is arising, he immediately shifts his attention to chanting the "Hare Krishna mantra" or focuses his attention on every word or voice from his surroundings. While switching to CONSCIOUSNESS of type blissful or neutral, he also makes sure to shift attention totally to CONSCIOUSNESS of type blissful or neutral. A Monk has already trained himself to CHANT "hare krishna mantra" or has learned by training himself to focus undivided, his attention to listening every word or voice from surrounding

.

A Monk when he sees the arising of DEPRESSION CONSCIOUSNESS, he knows that CONSCIOUSNESS of type misery is arising, he immediately shifts his attention to chanting the "Hare Krishna mantra" or focusing his attention on listening to every word or voice from his surroundings. While switching to CONSCIOUSNESS of type blissful or neutral, he also makes sure to shift attention totally to CONSCIOUSNESS of type blissful or neutral. A Monk has already trained himself to CHANT "hare krishna mantra" or has learned by training himself to focus undivided, his attention to listening every word or voice from surrounding

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A Monk when he sees arising of ANXIETY CONSCIOUSNESS, he knows that CONSCIOUSNESS of type misery is arising, he immediately shifts his attention to chanting the "Hare Krishna mantra" or focuses his attention on

every word or voice from his surroundings. While switching to CONSCIOUSNESS of type blissful or neutral, he also makes sure to shift attention totally on CONSCIOUSNESS of type blissful or neutral. A Monk has already trained himself to CHANT "hare krishna mantra" or has learned by training himself to focus undivided, his attention to listening every word or voice from surrounding

.

A Monk when he sees arising of FEAR CONSCIOUSNESS, he knows that CONSCIOUSNESS of type misery is arising, he immediately shifts his attention to chanting the "Hare Krishna mantra" or focuses his attention on every word or voice from his surroundings. While switching to CONSCIOUSNESS of type blissful or neutral, he also makes sure to shift attention totally to CONSCIOUSNESS of type blissful or neutral. A Monk has already trained himself to CHANT "hare krishna mantra" or has learned by training himself to focus undivided, his attention to listening every word or voice from surrounding

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ans so on.

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Meditating on consciousness that is blissful or neutral is the resolution of consciousnesses that cause misery.- Dec-14-2023
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Meditating on consciousness that is blissful or neutral is the resolution of consciousnesses that cause misery..

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Here a sadhak trains himself to always switch attention to consciousness that is blissful or neutral.

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Attending to focusing on listening to each and every word of voices surrounding us or just chanting hare krishna mantra is the way a sadhak trains himself to switch attention to consciousness that is blissful or neutral after every interaction in day to day life.

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An undivided and complete focus/attention is given to blissful or neutral consciousness avoiding flow of thoughts during chanting and listening to own voice of hare krishna mantra chant or when listening to each and every voice surrounding us coming from TV or sea or lakes or anywhere from the surroundings.

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RESOLUTION OF BODY SENSATIONS [pain, itch, etc) and MENTAL CONTENTS (anxiety, fear etc) // RESOLUTION OF SENSATIONS v/s CONSCIOUSNESSES - Dec-25-2023

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Monks; This is a VERY IMPORTANT DISCOVERY as I continue to travel my path towards SELF-REALIZATION.

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Monks;

Resolution of BODY SENSATIONS (feeling of cut, pain, itch, burn, etc) lies in learning to immediately shift attention to the blissful or neutral type of SENSATIONS as soon as SENSATIONS of type misery are felt on the BODY. In the past, we have learned that shifting of the mind's eye or inner vision or attention to NEXT BODY SENSATION as directed by the mind, signals the subduing or mellowing of previous sensations. But monks, this observing of the NEXT sensation as directed by the mind is a stressful process, as one shall continue to attend to whatever sensations are felt NEXT so that the previous sensation is identified as impermanent and subdued.

.

Similarly Monks; the Resolution of "mental content CONSCIOUSNESSES" (sudden appearance of anxiety, fear, depression, stress, etc) lies in learning to immediately shift attention to the blissful or neutral type of CONSCIOUSNESSES as soon as "mental content CONSCIOUSNESSES" of type misery are felt appearing to the inner vision. As the CONSCIOUSNESS that is supposed to cause misery appears, one immediately and explicitly

shifts attention to the blissful or neutral type of CONSCIOUSNESSES to not get hurt or engulfed by the newly appearing CONSCIOUSNESS.

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But monks, How do we FIND that "blissful or neutral type" of CONSCIOUSNESS or the BODY SENSATION that we shall immediately shift attention to upon arising of miserable BODY SENSATIONS or miserable CONSCIOUSNESSES?

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Monks; Here "T**ouch of the AIR**" is identified as one such BODY SENSATIONS that is NEUTRAL or BLISSFUL. Similarly, "**VOICE CONSCIOUSNESS**" is identified as one such CONSCIOUSNESS that is NEUTRAL or BLISSFUL.

.

For the RESOLUTION OF BODY SENSATIONS [feeling of pain, itch, etc) and MENTAL CONTENTS (appearing of anxiety CONSCIOUSNESS, fear CONSCIOUSNESS, etc) a MONK SHALL TRAIN THEM AS FOLLOWS:-

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1)

For the Training on shifting attention to BODY SENSATION of type blissful or neutral [(shifting attention to TOUCH OF AIR as body sensation)]

*** Touch of air being felt on the body is a BODY SENSATION ***

STEPS:

Preferably a Monk must shift the location to where lots of air is felt.

WHY do we NOT OBSERVE a TOUCH OF AIR on nose tips as may have been taught in VIPASSANA?

Here a Monk, while walking, sleeping, sitting, or in any position, continues to observe a TOUCH OF AIR on any part of the body. Now in ANAPANA breath observation technique as taught in VIPASSANA, Touch of air is taught to be felt on the border of oval shaped nose tips, but monks, prolonged observation of touch of air on nose tips may start to create

VIBRATIONS, and these vibrations can give rise to a SANKHARA or MENTAL CONTENT that is conditioned, and which in my case ACTIVATES MY DORMANT TINNITUS issue. hence, I am going to avoid observing the touch of air on nose tips and instead shall observe the touch of air felt anywhere on the body.

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Monks; the most important part when observing the touch of air on the body is that a Monk must train them to pevail observing the touch of air over all other body sensations being felt on the body.

This is a training that may require a few weeks, till the monk has learned to observe and prevail "touch of air" over every other body sensation all the time 24/7.

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For example when the "body itch sensation" is felt, a monk immediately [and explicitly] shifts their attention to observing the touch of air anywhere on the body, in such a way that all other sensations being felt anywhere on the body are ignored or subdued. A monk focuses his complete stress on observing the touch of air whenever any body sensations are felt.

.

A monk applies the same technique to all other body sensations as mentioned above.

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2)

For the Training on shifting attention to CONSCIOUSNESS of type blissful or neutral [(explicitly shifting attention to "VOICE CONSCIOUSNESS" as CONSCIOUSNESSES of type blissful or neutral)]

STEPS:

To start with:

In this case, a Monk may also CHANT HARE KRISHNA MANTRA several times of the day for several weeks and daily, and while chanting he also gives undivided attention to listening to each and every word of his own voice being chanted, and in this way a monk

trains himself to attend to "VOICE CONSCIOUSNESS" all the time 24/7. This is a training every monk must go through so as to train the mind to immediately prevail VOICE CONSCIOUSNESS over all the other CONSCIOUSNESSES that are felt appearing to the inner vision from time to time on daily basis.

.

Here a Monk, while walking, sleeping, sitting, or in any position, continues to observe or listen to "VOICE CONSCIOUSNESS aka listen to every word or voice surrounding him or nearby".

In this case, a MONK shall train himself to listen to every word that is coming out of the TV set, surrounding NATURE, and voices coming from birds, lakes, sea, etc 24/7 while walking, sleeping, or sitting all the time all the day.

.

Monks; the most important part when "listening to VOICE CONSCIOUSNESS or every word or voices surrounding him or nearby"" is that a Monk must train them to prevail observing or "listening to every word or voices surrounding him or nearby"" over the other CONSCIOUSNESSES that are felt appearing to inner vision.

.

This is a training that may require a few weeks, till the monk has learned to observe or listen to the "VOICE CONSCIOUSNESS, or every word or voice surrounding him or nearby"" over every other CONSCIOUSNESSES [depression, fear, anxiety, etc], all the time 24/7.

.

For example when the FEAR or DEPRESSION OR STRESS is felt appearing to the inner vision, a monk immediately [and explicitly] shifts their attention to observing VOICE CONSCIOUSNESS, in such a way that all other CONSCIOUSNESSES being felt or appearing to the inner vision are ignored or subdued. A monk focuses his complete undivided stress and attention on observing or listening to the VOICE CONSCIOUSNESS whenever any other CONSCIOUSNESS is felt appearing to the inner vision.

.

A monk applies the same technique to all other CONSCIOUSNESSES as mentioned above.

.

In this case, a Monk may also CHANT HARE KRISHNA MANTRA several times of the day for several weeks and daily, and while chanting he also gives undivided attention to listening to each and every word of his own voice being chanted, and in this way a monk trains himself to attend to "VOICE CONSCIOUSNESS" all the time 24/7. This is a training every monk must go through so as to train the mind to immediately prevail VOICE CONSCIOUSNESS over all the other CONSCIOUSNESSES that are felt appearing to the inner vision from time to time on daily basis.

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A Monk, also learns to top to bottom and reverse BODY SCAN during the arising of any type of misery, scanning the body from top to bottom and reverse in just a few seconds as taught in my previous posts

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The goal is to come out with the ADVANCED FORM of "Satipatthana Sutta" - Jan-2-2023

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#sunildudia #vipassana #SATIPATTHANASUTTA #NIBBANA #SELFREALIZATION

Monks;

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While, BUDDHA's SATIPATTHANA SUTTA, is CRUX of VIPASSANA explained in just a few pages or just under 30 minutes in a video format and is more of a theoretical TEXT;

.

I intend to come out with a more ADVANCED, practical form of "SATIPATTHANA SUTTA" when the right knowledge to do so has been acquired.

.

I do consider myself fit to do so as I continue to advance steadily on the path toward SELF REALIZATION, as I believe there are very few who have taken this path to impart the knowledge of VIPASSANA that shall help others understand it PRACTICALLY and not just theoretically or INTELLECTUALLY, where the goal is to teach SADHAK, step by step process to reach Nibbana and SELF REALIZATION through techniques of VIPASSANA.

.

Also, I may have to take a few guidelines from "KRISHNA CONSCIOUSNESS" to complete the guide more tightly.

.

And Off-course- ;

I shall then apply the 'TRAIN the TRAINER Approach" to train "The High Monks", who can then impart this advanced or different and more practical way of teaching the VIPASSANA to their SADHAK and people in general.

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Three MArks of existence and their resolution summarized- Jan-6-2023

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**** THIS OVER-RIDES are another explanation given before on how to observe body sensations in previous posts ****

Monks; In the past blogs, we have identified VOICE CONSCIOUSNESS as a blissful or neutral CONSCIOUSNESS.

Monks;

Buddha has informed us of 3 marks of existence

.

ANITYA- DUKHHA - ANATTA

IMPERMANENCE- MISERY - NO-SELF

.

Now, "Voice Consciousness", is a NEUTRAL or BLISSFUL FORM OF Consciousness and UNDIVIDED, and FIRM attention to "Voice Consciousness" is the RESOLUTION of Mental content and Body Sensations.

.

While "Mental Contents" are no-self (anatta), they are void, devoid of any substance and are empty and can only be felt or experienced by the MIND,"BODY SENSATIONS" are rooted in a SELF that is physical nature (made of earth, fire, water, and air),

But monks;

In both the above case, the FEELING arising thereof 'BODY SENSATION' or 'MENTAL CONTENT', are displayed as NO-SELF (anatta), i.e the experience itself is void or no-self, and IMPERMANENT and thus a WISE MONK turns their attention immediately, 24/7 all the time, to the CHANTS OF "voice consciousness", in the form of the spoken word of ANITYA [sanskrit] or (ANICCA [pali]) [or chants of "**HARE KRISHNA Mantra**" in case of **KRISHNA CONSCIOUSNESS**]

.

Now Monks;

This is how you must train yourself to subdue or mellow down or disappear the MENTAL CONTENTS or BODY SENSATIONS which are the source of misery in day-to-day life.

.

A Monk, having understood that "VOICE CONSCIOUSNESS" can be used to subdue misery in all forms, continues to train himself 24/7 in the following ways:-

.

When affected by the misery in the form of BODY SENSATION of CUT, ITCH, PAIN, etc, he immediately switches his attention to CHANT of the

word ANITYA or ANICCA (meaning the impermanent status of misery being felt in the present moment). He continues to chant the word ANITYA, ANITYA, ANITYA and while chanting he makes sure to only listen to the word or chant voice of the spoken word 'ANITYA' and nothing else, he makes sure to avoid thought or any other interaction during the chant of the word ANITYA and chants and hears his own chant voice in such a way that only the CHANT OF WORD 'ANITYA' is visible to him, and he makes all efforts to override FEELINGS OF PRESENT BODY SENSATIONS with undeivided attention to the "VOICE CONSCIOUSNESS" of spoken word 'ANITYA' and chants in such a way that he eventually PREVAIILS chanting till the time the BODY SENSATION has mellowed down, subdued or disappeared.

.

He trains himself thus 24/7, for a few weeks, 24/7, and whenever the body sensations are felt and he immediately chants the spoken word ANITYA in such a way that it overrides the CONSCIOUSNESS of body sensation and only the VOICE CONSCIOUSNESS of ANITYA is visible to him.

.

And monks; having trained himself in such ways for a few weeks, the monk then notices that whenever the BODY SENSATION in the form of PAIN, CUT, ITCH, etc ARISES, and he immediately chants the WORD of ANITYA, he notices that the CHANT WORD is now able to immediately override the feeling of misery coming from the body sensations and body sensations ate subdued immediately due to the long training he has undertaken to override boy sensations feelings with spoken words of ANITYA or Hare Krishna Mantra.

.

Also as an IMPORTANT NOTE, A monk knows that whenever he hears the word of chant 'ANITYA' along with the THOUGHTS, Other worldly interactions during the chanting, or when he does not give firm and undivided attention to listening to the chant voice of ANITYA, then he has WASTED THAT CHANT WORD and does not get benefitted by the chant of ANITYA.

.

Therefore monks; when chanting ANITYA or HARE KRISHNA MANTRA, you must only listen to the voice and words being spoken and nothing else, no thoughts, no other interaction.

.

Monks and the SAME PRINCIPLE GOES FOR THE RESOLUTION OF "MENTAL CONTENTS" TOO. A monk immediately switches to voice CONSCIOUSNESS when faced with depression CONSCIOUSNESS, anger CONSCIOUSNESS, anxiety CONSCIOUSNESS, panic CONSCIOUSNESS etc, and trains himself to prevail voice CONSCIOUSNESS of ANITYA or Hare Krishna Mantra over the arising of mental content in any form.
.
This is a training EVERY MONK undertakes til the CHANT VOICE can subdue the Body sensations and Mental content just by listening to the chant spoken words.

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Transcending MIND and Matter with "VOICE CONSCIOUSNESS " - Jan-7-2023-

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Monks;

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While I had TRANSCENDED MIND (Mental Contents) long back with knowledge of mental contents as VOID/ Material Nature/ Images formed just now and not worth ENGAGING and learned to let go of them as soon as they appeared;

.

It was very difficult for me to understand 'how to transcend the BODY SENSATIONS' which have a SELF that is rooted in actual MATTER damage (earth elements), and while I learned the techniques to observe them with EQUANIMITY and OBJECTIVE observation, nevertheless, it was difficult to cope with them on day to day basis, specialy I practice on ITCHING SENSATIONS and found that equanimity and objective observation works only to an extent, and many times I was forced to react to them with scratching the affected skin surface.

.

But monks; DISCOVERY OF "VOICE CONSCIOUSNESS " has enabled me to transcend both MIND and MATTER, as in both the cases, mental content

FEELINGS [mind] and the body SENSATIONS [body], feelings and sensations that are relayed back as CONSCIOUSNESS, and that is only in the form that is VOID/EMPTY without any substance and thus switching the attention immediately to the "VOICE CONSCIOUSNESS" upon arising of feeling and sensations that cause misery, and listening to the VOICE VIBRATIONS of the CHANT WORD ('ANITYA' or 'Anicca' towards IMPERMANENT nature of sensations or in the case of arising of mental contents, or chant of word 'Hare Krishna' or 'Hare Krishna Mantra'), having been trained to prevail the VIBRATIONS of chant word of "VOICE CONSCIOUSNESS" over the mental feelings and body sensations, I have been able to TRANSCEND both mind and matter successfully.

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With this, I can now move forward towards SELF REALIZATION as the final steps before I can come out with my own Advanced PRACTICAL version of satipatthana SUTTA

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SATIPATTHANA SUTTA as collected from the Youtube URL Explained - Jan-8-203

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This TEXT below as collected from the reference Youtube video may be the CRUX or SUMMARIZATION of VIPASSANA and Mindfulness as is being taught as of now as per my understanding; I have decided to RE-WRITE and make it more enhanced and provide steps to the SADHAK so that they can perform PRACTICAL aspects of the same with guided steps and explanations and provide the "NEW SATIPATTHANA SUTTA" in such a way that achieving of NIBBANA along with mindfulness and vipassana techniques can be done is just around 10 days with the FIRST 10 days VIPASSANA COURSE itself.

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I have not spent much time explaining the TEXT collected and understood below from the YouTube URL, as anyway, I find it not enough to make SADHAK understand the techniques of VIPASSANA in a short time.
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My purpose is to come out with an ADVANCED FORM of **"NEW SATIPATTHANA SUTTA" that shall enable everyone to achieve NIBBANA and understand VIPASSANA in a more PRACTICAL WAY with automatic guided steps provided to the SADHAK so that even a REGULAR SADHAK with not much understanding of the LOGIC and PRINCIPALS and TECHNIQUES in the understanding of the VIPASSANA can still achieve NIBBANA, simply by following the steps mentioned in "NEW SATIPATTHANA SUTTA".**

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From the reference YouTube URL: https://youtu.be/Sq9VvhYvYRk?si=4nnv14lWbKOas_l1

Ref: Theravada Buddhism Sutta: Satipatthana Sutta (The Four Establishments of Mindfulness) MN10

.

4 establishment of Mindfulness:

The Body, Feelings, Mind, and Phenomena (Contemplating and comprehending all 4) subdue longing and dejection with regard to the world of mind and matter.

.

Body:

Breathing ('body in the body', breath as the function of the body) Contemplation of breath within the nose as long, short, thick, shallow, fast, slow;

and while doing ANAPANA, he is aware that he is meditating on the breath to bring the BODY to a TRANQUIL STATE and calm down bodily formation (itch, pain, stress, etc)

and while doing so he also contemplates that whole outer body and body in body aka breath for impermanence, misery, and no-self, and he also makes himself aware that there are phenomena or nature of the body that are arising and passing away on the body and within the body. Thus BODY is established for the purpose of bare knowledge during the mindfulness and the Monk does not cling to anything in the world of mind and matter. This is how a monk contemplates the Body within the body aka Breath in this case.

.

4 Postures:

Walking, standing, sitting, lying down, in this way, the monk always contemplates the Body externally and internally, and he dwells DETACHED NOT CLINGING to anything in the world of mind and matter.

To act with clear COMPREHENSION while going forward, while going backward, looking ahead, looking away, when bending and stretching the limbs, during eating, drinking, chewing food, wearing the clothes he acts with clear comprehension, and so on for all the functions of the body, he maintains clear comprehension, and he dwells DETACHED NOT CLINGING to anything in the world of mind and matter.

.

Unattractiveness or Impurities of the body,

while experiencing the unattractiveness of the body, he maintains clear comprehension, and he dwells DETACHED NOT CLINGING to anything in the world of mind and matter.

.

Contemplation of the FEELINGS/SENSATIONS:

A monk knows when he is feeling pleasure or when he is feeling sad or he is feeling neither sad nor happy, feeling of pain, cut, itch, thus he contemplated nature of feeling in their arising and passing away, and he dwells DETACHED NOT CLINGING to anything in the world of mind and matter.

.

Contemplation of the MIND:

Here a monk understands the arising and passing away of 5 Mental hindrances (Desire, aversion, guilt and doubt, remorse, sloth and torpor), in this way MIND in Mind is contemplated internally and externally, and he dwells DETACHED NOT CLINGING to anything in the world of mind and matter.

.

Contemplation of the PHENOMENON:

Arising and passing away of 5 mental hindrances is CONTEMPLATED, in this way PHENOMENON in PHENOMENON is contemplated internally and externally, and he dwells DETACHED NOT CLINGING to anything in the world of mind and matter. He also understands the arising and passing away phenomenon and also of PATH to the cessation of the phenomenon by maintaining equanimity and objective observation.

.

5 Aggregates:

Here a monk contemplates the phenomenon in phenomena that are subject to CLINGING in terms of the 5 aggregates affected by clinging. Such and such is FORM, such and such is passing away of FORM, Such and such is FEELING, such and such is passing away of FEELING, Such and such is PERCEPTION, such and such is passing away of PERCEPTION, Such and such is REACTION or FORMATION , such and such is passing away of Reaction or Formation, Such and such is fabrication of CONSCIOUSNESS, such and such is passing away of CONSCIOUSNESS,

.

6 sense media (internal and external):

EYE and its contact with FORM and the Fetters that arise on the contact of EYE with FORM.

EAR and its contact with SOUNDS and the Fetters that arise on the contact of EAR with SOUNDS.

NOSE and its contact with TASTE and the Fetters that arise on the contact of NOSE with SMELL.

TONGUE and its contact with FORM and the Fetters that arise on the contact of TONGUE with TASTE.

BODY and its contact with TOUCH and the Fetters that arise on contact of BODY with TOUCH.

.

7 Enlightenment factors: Contemplating phenomenon in phenomenon for;

arising and passing away of Mindfulness of enlightenment factor, rapture, equanimity etc

.

The 4 Noble TRUTHS:

Contemplating phenomenon in phenomenon for 4 noble truths;

Here a monk understands this is suffering, the origination of suffering, cessation of suffering, and the way leading to the cessation of suffering, thus he contemplates the phenomenon in phenomenon in terms of 4 noble truths, and he dwells DETACHED NOT CLINGING to anything in the world of mind and matter.

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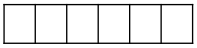

Greeting the person with CHANT WORD - Jan-9-2023

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Monks,

When you greet another person with " Jai Shree Krishna" or 'Jai Shree Ram" or when you chant either of these ;

You must switch your mind’s attention to voice consciousness or voice vibrations that come from chanting " Jai Shree Krishna" or 'Jai Shree Ram".

.

Monks,

Each living entity is a "consciousness" and when you meet or encounter these 'consciousnesses' and you focus your attention on these consciousnesses while chanting, then you will not get the benefit of vibrations from the chant of 'Jai Shree Krishna" or 'Jai Shree Ram" as your focus is on greeting the consciousness that is a living entity whose vibrations are unknown.

.

Hence monks,

You must focus your attention to the chant voice while greeting so that you are not affected by the 'consciousness' that you encounter or meet during the interaction. Each encounter with a living entity must end with the chant

of 'Jai Shree Krishna" or 'Jai Shree Ram" focusing on vibrations coming from voice consciousness which is the chant vibrations of your own voice.

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Attending to Blissful or Neutral 'VOICE CONSCIOUSNESS' or BREATH AIR (ANAPANA within the nose) WITH THE INTENT to SUBDUE CONSCIOUSNESSES that cause MISERY- Jan-9-2023

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Monks, **Meditating on consciousness that is blissful or neutral is the resolution of consciousnesses that cause us misery. Here a SADHAK trains himself 24/7, to always switch attention to consciousness that is blissful or neutral. VOICE CONSCIOUSNESSES in SPOKEN form or 'LISTENING TO' form Or Breath AIR (ANAPANA) are established as CONSCIOUSNESSES that can be attended to, with the INTENT to subdue or mellow down the CONSCIOUSNESSES that cause us misery.**

.

A SADHAK upon ARISING OF MISERY immediately switches his Mind's ATTENTION to 'VOICE CONSCIOUSNESSES' in spoken or 'listening to' FORM, or if the SADHAK is either ABLE or 'DUMB or DEAF' he may choose the object of meditation as BREATH AIR (ANAPANA), attending to each inhale and exhale AIR with inner vision within the nose. "Breath observation AT the NOSE DOOR", is to be avoided as per my own experience.

.

VOICE CONSCIOUSNESSES in SPOKEN form or 'LISTENING TO' form Or Breath AIR (Anapana) are established as CONSCIOUSNESSES that can be attended to, with the INTENT to subdue or mellow down the CONSCIOUSNESSES that cause us misery.

.

HERE A SADHAK while meditating on 'VOICE CONSCIOUSNESS' or 'BRETH AIR', MAKES HIS INTENT clear when attending to VOICE CONSCIOUSNESSES in spoken form or listening form or BREATH

AIR as the case may be, with the INTENT to subdue CONSCIOUSNESSES that are causing him misery.

.

When meditating on either 'the meditating object of 'VOICE CONSCIOUSNESS' in 'spoken' or 'listening form', or the meditating object of 'BREATH AIR', he intends to immerse himself in these objects of meditation with firm and undivided attention so that the other CONSCIOUSNESSES that cause him misery can be subdued or mellowed down.

.

1) A SADHAK TRAINS HIMSELF 24/7, every day, all the time, to switch the Attention of his MIND or inner vision to focus on listening to every word of voices surrounding us, coming from 'Talking People', 'TV sets', Lakes, Birds, Trees, Sea, etc.

.

2) A SADHAK TRAINS HIMSELF 24/7, every day, all the time, to CHANTS "HARE KRISHNA MANTRA", to always be in touch with VOICE CONSCIOUSNESS' to be away from surrounding CONSCIOUSNESSES that may cause him misery otherwise.
.

When meditating on the VOICE CONSCIOUSNESS object, he makes sure to 'listen to' his own chant voice vibrations and word clearly or 'listen to' every word or voice from the surrounding voices, devoid of thoughts and other interactions with worldly objects and when doing so, a MONK clearly knows that every CHANT WORD, Or VOICE which was SPOKEN or 'listened to' was WASTED and did not benefit him, if the 'listening to' or 'chant spoken word' was done along with the THOUGHTS or the other worldly interactions, where undivided focus was NOT given to 'listening to' or chant spoken word.

.

3) A SADHAK TRAINS HIMSELF 24/7, all days, all the time, TO ATTEND to BREATH WITHIN THE NOSE (every inhale and every exhale, without missing even a single breath, WITH THE INTENTION to SUBDUE CONSCIOUSNESSES that are causing him misery (anxiety CONSCIOUSNESSES, fear CONSCIOUSNESSES, People CONSCIOUSNESSES, anger CONSCIOUSNESSES, feeling of humiliation CONSCIOUSNESSES, feeling of depression CONSCIOUSNESSES and so

on). He simply observes the breath within the nose, every INHALE, and every exhale.

When meditating on the 'BREATH AIR' object, he makes sure to attend to every inhale air and exhale of air within the nose, devoid of thoughts and other interactions with worldly objects and when doing so, a MONK clearly knows that every Breath AIR observation, was WASTED and did not benefit him if the 'Breath AIR' was attended or observed along with the THOUGHTS or the other worldly interactions, where the undivided focus was NOT given to observe the BREATH AIR inhale and exhale within the nose in its pure form i.e. each breath air was attended to without the thoughts or other interactions.

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Consciousness Rooted in physical SELF V/S Consciousness rooted in NO-SELF / AIR consciousness and VOICE consciousness as Blissful or Neutral consciousnesses - Jan-10-2023

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Monks, the RESOLUTION OR SUBDUING of "consciousnesses Rooted in physical SELF with earth elements" and "consciousnesses rooted in SELF that can be only experienced as NO-SELF", or in other words BODY SENSATIONS and MENTAL CONTENTS have SAME APPROACH to towards the resolution as in both the cases FEELING of body sensations like cut, pain, itch, etc and the FEELING of mental contents like anxiety, fear, anger are ONLY EXPERIENCED as NO-SELF i.e. can only be felt by the MIND but can never be physically seen.

.

Now Monks; "Meditating on consciousness that is blissful or neutral", is the resolution of consciousnesses that cause misery. Here a SADHAK trains himself always to switch attention to consciousnesses that are blissful or neutral and AIR consciousness and VOICE consciousness have been IDENTIFIED as such Consciousnesses that are blissful or neutral.

.

But Monks; the TRICK LIES in using AIR consciousness and VOICE consciousness over the Consciousnesses that begin to cause us misery and as soon as their arising is identified, in such a way that a MONK switches the attention immediately to the AIR consciousness and VOICE consciousness as the case may be, with the INTENT to prevail AIR

consciousness and VOICE consciousness over the consciousness that is causing misery in PRESENT MOMENT.

.

For this, a MONK, upon seeing the arising of a consciousness that may cause him misery, (body sensations like itch, pain) and (Mental contents like fear, anger, depression, or anxiety), immediately switches his attention to either OBSERVE THE AIR consciousness (ANAPANA, observation of Inhale and Exhale both) WITHIN THE NOSE, 'with the INTENT' to PREVAIL the AIR consciousness over the other consciousnesses that is being subdued or mellow them down.

.

In the same way a MONK, upon seeing the arising of a consciousness that may cause him misery, (body sensations like itch, pain) and (Mental contents like fear, anger or depression, or anxiety), immediately switches his attention to the VOICE consciousness in the form of either CHANTS SPOKEN WORDS [chant of ANITYA (ANICCA) or Hare Krishna Mantra], or LISTENING TO EVERY VOICE consciousness that surrounds him during the present moment, (Listening to surrounding voices, words, voice coming from TV sets, from people, places, birds or any form of voice), 'with the INTENT' to PREVAIL the VOICE consciousness over the other consciousnesses that are being subdued or mellow them down.

,

In this way, a MONK turns his undivided and firm attention to the AIR Consciousness or VOICE Consciousness and prevails these over the consciousnesses that cause him misery.

.

When attending to the AIR Consciousness or VOICE Consciousness, a MONKS knows and UNDERSTANDS that every observation of the AIR consciousness that was NOT DONE with undivided, focused attention that is devoid of thoughts and other-worldly interaction, is an OBSERVATION GONE WASTE and he has not benefitted in any way by such CONDITIONED observation of AIR consciousness.

.

When attending to the VOICE Consciousness or VOICE Consciousness, a MONKS knows and UNDERSTANDS that every observation of the VOICE consciousness that was NOT DONE with

undivided, focused attention that is devoid of thoughts and other-worldly interaction, is an OBSERVATION GONE WASTE and he was not benefitted in any way by such CONDITIONED observation of VOICE consciousness.

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The TRUTH ABOUT WESTERN MADE TOOTHPASTES - Jan-16-2024 //

Sorry I missed this, I should have informed you this earlier-

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The bitter truth is, that the WESTERN form of creating products or medicines or anything that goes into the mouth and stomach is purely designed to cause medical issues in the long run, and so anyone who uses their products whether PROCESSED FOODS, or in MEDICINES form, or most basic product such as TOOTHPASTE, all of these are designed to take you to DOCTORS and HOSPITALS when used for long time.

.

Now I do not have to inform you what they have done with MEDICINES and how they are designed to ONLY MANAGE THE ISSUE (Manage is the light or innocent word here, they have gone further to give you more issues through their side effects of medicines so that you are always going to doctors and hospitals once you have taken ANY OF THEIR MEDICINES for more than couple of days)

.

Let's come back to the TOOTHPASTES,

Do you know how they SOLVED the TOOTH CAVITY issue?

They first drill the TOOTH CAVITY to make it bigger and then fill the material to close it, now as a person of common sense this defies my senses as to why you have to make the CAVITY BIGGER FIRST so that you can cement it. Cannot they have a better way to resolve it? Of course, they have a better solution but then how would you come back again to them after a

few years for the same issue? They want you to come back just like ELECTRICITY BILL your medical issue must give them revenues repeatedly, till you die, and for that, they must MANAGE THE ISSUE and NOT SOLVE it.

.

Ok so let's come back to the TOOTHPASTES:

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Any food or item that goes into the MOUTH, if it has a SWEET or SUGARY solution inside it (natural sugars coming from the fruits are safe), then ACID MUST BE RELEASED to DIGEST them.

Now with this information that applies to processed products, foods, supplements [they have changed supplements from unflavored to flavored deliberately], medicines that have sweeteners, etc, [(natural sugars coming from the fruits are safe)], you are now ready to understand what happens to the TEETH which you brush through these WESTERN kinds of toothpaste that tastes sweet when applied to the teeth, and as informed earlier, the digestion of the food starts right there at the mouth and since your mouth teeth are now filled with toothpaste with sweeteners, the ACID must be released to digest them.

.

That is why, once even a SMALL CAVITY is formed, and you USE these western TOOTH PASTES, you will never come out of the pain and subsequent STRONG SENSATIONS of the gums, as due to the tooth cavity the sweetener solution from the kinds of toothpaste now goes directly into the GUMS and the ACIDS released for digestion must also follow the sweet solution right there into the gums and thus your gums and teeth are always sensitive right after the brushing of teeth with these toothpaste.

.

SOLUTION:

The only solution is to use those EARTH toothpastes that DO NOT HAVE SWEET SOLUTIONS in them.

I would use AYURVEDIC VICCO, Dabur Red, Meswak, and other such AYURVEDIC EARTH toothpastes that do not have SWEET SOLUTIONS into them, or simply □□□□ □□□□ /"dant manjan" powders that do not have sweeteners added to them for better health of the teeth.

SCAM:

I would like to inform you that nowadays some kinds of toothpaste use natural ayurvedic Ingredients but on top of the original toothpaste ingredients, which means their original product ingredients remain the same and just to fool the customers they add ayurvedic ingredients on top of these, to show their toothpaste as natural. Please avoid these. ANY TOOTHPASTE With "Base Solution", with glycerin or sweet tasting solution must be avoided.

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SLEEP CONSCIOUSNESS and the LAW OF NATURE EXPLAINED - Jan-17-2024
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Monks,

Living beings are given the precious gift of "SLEEP CONSCIOUSNESS" that prevails over all the other CONSCIOUSNESSES, and once the BEINGS are in deep SLEEP CONSCIOUSNESS, all the miseries are subdued, mellowed down, and hibernate.

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Monks, As already informed before, Meditating on consciousness that is blissful or neutral is the resolution of consciousnesses that cause us misery. Here a SADHAK trains himself 24/7, to always switch attention to consciousness that is blissful or neutral. VOICE CONSCIOUSNESSES in SPOKEN form or 'LISTENING TO' form Or Breath AIR (Anapana Observation of actual AIR) are established as CONSCIOUSNESSES that can be attended to, with the INTENT to subdue or mellow down the CONSCIOUSNESSES that cause us misery.

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A SADHAK upon ARISING OF MISERY immediately switches his Mind's ATTENTION to 'VOICE CONSCIOUSNESSES' in spoken or 'listening to' FORM "with the INTENT to ONLY hear voice vibrations and nothing else", or if the SADHAK is either ABLE or 'DUMB or DEAF' he may choose the object of meditation as BREATH AIR (ANAPANA attending to actual breath air), attending to every exhale AIR, **and he sees nothing but only the EXHALED AIR**, 'with the INTENT to ONLY SEE AIR and nothing else'. "Breath observation AT the NOSE DOOR", is to be avoided as per my own experience, simply observe the ACTUAL exhale of air as it flushes out without bothering about the location of the breath air.

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Monks; HERE YOU MUST TRAIN YOURSELF IN SUCH A WAY that after pronged meditation on 'VOICE CONSCIOUSNESSES' in spoken or 'listening to' FORM or meditation as BREATH AIR (ANAPANA), attending to every exhale AIR, in such a way that A MERE SWITCHING OF ATTENTION TO "the VOICE CONSCIOUSNESS or BREATH AIR" shall SUBDUE ALL THE OTHER CONSCIOUSNESSES JUST AS SLEEP CONSCIOUSNESS would subdue all the other CONSCIOUSNESSES. A SADHAK by the way of training must develop STRONG AFFILIATION TO voice CONSCIOUSNESS and AIR CONSCIOUSNESS and just by switching attention to these shall prevail over all the other CONSCIOUSNESSES just as the SLEEP CONSCIOUSNESS prevails over all the other CONSCIOUSNESSEs.

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1) A SADHAK TRAINS HIMSELF 24/7, every day, all the time, to switch the Attention of his MIND or inner vision to focus on listening to every word of voices surrounding us, coming from 'Talking People', 'TV sets', Lakes, Birds, Trees, Sea, etc.

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2) A SADHAK TRAINS HIMSELF 24/7, every day, all the time, to CHANTS "HARE KRISHNA MANTRA" or simply the chant of "HARE KRISHNA", to always be in touch with VOICE CONSCIOUSNESS' to be away from surrounding CONSCIOUSNESSES that may cause him misery otherwise. When meditating on the VOICE CONSCIOUSNESS object he sees and hears nothing else but only the voice ignoring all the other **CONSCIOUSNESSES**, he makes sure to 'listen to' HIS OWN chanted voice vibrations and words clearly or 'listen to' every word or voice coming from the surrounding voices, devoid of thoughts and other interactions with worldly objects and when doing so, a MONK, clearly knows that every CHANT WORD, Or VOICE which was SPOKEN or 'listened to' was WASTED and did not benefit him, if the 'listening to' or 'chant the spoken word' was done along with the THOUGHTS or the other-worldly interactions, where the undivided focus was NOT given to 'listening to' or chant spoken word.

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3) A SADHAK TRAINS HIMSELF 24/7, every day, all the time, TO ATTEND to BREATH AIR (observe every exhale AIR, without missing even a single breath), and he sees nothing but only the EXHALE AIR, WITH THE INTENTION to SUBDUE CONSCIOUSNESSES that are causing him misery (anxiety CONSCIOUSNESSES, fear CONSCIOUSNESSES, People

CONSCIOUSNESSES, anger CONSCIOUSNESSES, feeling of humiliation CONSCIOUSNESSES, feeling of depression CONSCIOUSNESSES and so on). He simply observes the breath within the nose, every INHALE, and every exhale.

When meditating on the ANAPANA' object, he makes sure to attend to every exhale of air, **and ANAPANA**, devoid of thoughts and other interactions with worldly objects and when doing so, a MONK, clearly knows that every Breath AIR observation was WASTED and did not benefit him if the 'Breath AIR' was attended or observed along with the THOUGHTS or the other-worldly interactions, where the undivided focus was NOT given to observe ONLY THE ACTUAL BREATH AIR, exhale air, in its pure form i.e. each breath air MUST BE attended to without the thoughts or other interactions.

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FRACTURES of the UNIVERSE-
Sociopaths/Narcissists/Bipolar/Homosexuality - Jan-18-2024

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This is only my personal view or shallow understanding, based on spiritual science aspects that keep revealing its true nature as the days pass by, as I move towards the path to SELF REALIZATION;

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Monks;

BEINGS and ANIMALS are produced by copulation, and once a BODY is BORN, it has to be occupied by the SOUL as is understood at least in the case of HUMAN BEINGS.

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Human beings have a BODY [Gross Physical form] + BODY CONSCIOUSNESS (Subtle form) [CONSCIOUSNESS that is given to this specific body to behave in a specific manner, and this CONSCIOUSNESS is variable and is updated and added during the life cycle of the BODY] + SOUL with CONSCIOUSNESS {CAUSAL BODY, ie, seed of the subtle form/body and the gross body)

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The ANIMALS are born with "FIXED CONSCIOUSNESS", so they all behave in the same manners, they just eat to survive with only 'ONE MATERIAL LIFE EXISTENCE" as there is either the absence of the SOUL or the method to connect with the SOUL is non-existent, i.e. ANIMALS are not capable of connecting with their SOUL.

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As we see, that NATURE also has a FRACTURED EXISTENCE, as is observed in the case of Sociopaths/Narcissists/Bipolar/Homosexuality existence of human forms.

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Sociopaths/Narcissists

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It looks like Sociopaths/Narcissists humans DO NOT HAVE A SOUL attached to their BODY and hence they live purely a MATERIAL EXISTENCE/LIFE, and now just imagine a NORMAL PERSON who has to live with these people just because they have a HUMAN FORM and Not a ANIMAL FORM which is usually the case when there is ABSENSE OF SOUL. These are the people who use other human beings with SOUL like TISSUE PAPER and DISCARD them after their use, the absence of SOUL makes these Sociopaths/Narcissists very dangerous and SADIST especially for the people who have to live with them, for example, how can you get rid of a SPOUSE who has turned out to be a Sociopaths/Narcissists?

They (Sociopaths/Narcissists), simply DUMP their partners as soon as they are of no use to them after sucking everything out of them, making their partner shocked and most go into depression with the UTTER DISBELIEF on how can such a person who is supposed to be their life partner behave in such manners! but Monks, it's probably the "ABSENCE OF THE SOUL in these humans", that is responsible for such behavior from the SPOUSE which is in HUMAN FORM, and ideally they should have been in ANIMAL FORM.

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Monks; if there was SOME FORM OF IDENTIFICATION, that would DESIGNATE these Sociopaths/Narcissists as NON-HUMAN-BEINGS, then this would make the life of other people easier as then they can be easily dealt with under separate laws and procedures meant especially for them and PROTECT NORMAL HUMAN BEINGS WITH THE SOUL from any

relationship with these ANIMALS [**Sociopaths/Narcissists],** who are BORN in the form of HUMAN BEINGS.

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BIPOLAR DISORDER

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In this case, it looks like TWO [2] SOULS have occupied the SAME BODY and thus there is a tug of war which results in the same person behaving as two different people from time to time.

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Homosexuality

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In this case, again it looks like, CONSCIOUSNESS has played a CRUEL GAME with the BODY, where although the BODY TYPE is of specific GENDER, but the CONSCIOUSNESS that is supplied to this body is of some other GENDER TYPE.

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Anxiety/Panic due to attention to the BODY PART- Jan-20-2024

[CHANTING MANTRA or VIPASSANA BODY SCAN]
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Monks;

The EXCESSIVE ATTENTION TO THE CONSCIOUSNESS Rooten in the SELF that is the Physical Body part, or SELF that is NO-SELF [mind or sub-consciousness] is the cause of 'being affected by that consciousness that is taking your attention all the time';

.

Thus Monks; if A BODY PART affected by changes causes anxiety or panic or any other mental defilement due to automatic attention to it, then monks you must do the following:

There are two methods,

1. SWITCH ATTENTION to the neutral consciousness i.e., chant hare krishna mantra or just chant 'hare krishna' and listen to your own chanted voice. But this is a surface-level eradication of defilement but very effective nevertheless.

2. DO a VIPASSANA BODY SCAN [top head to bottom feet through inner vision] several times a day for a few minutes at a time when affected by mental defilement [anxiety, fear, panic] during the excessive attention to the affected body part

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Body Scan: With a blank and neutral mind, that is unemotional and relaxed, maintaining objective observation and equanimity, Do a quick BODY SCAN through your inner vision or mind's eye, making sure to pass your inner vision over the body part that is causing the mental defilements.

Normally, during a body scan [top head to bottom feet through inner vision], the inner vision is made to walk over every incident that is happening on the body part, without waiting or taking a pause even for a second, as the inner vision moves from the top head to bottom feet and reverse, several times within seconds, but in this case, since the body part causing mental defilement is already known, a monk simply performs VIPASSANA BODY SCAN top head to bottom feel making sure to walk inner vison over the affected body part, till the body part has come to still and mellowed down. Also, ATTENTION TO THE BODY PART has to be avoided which is causing mental defilement of any type [anxiety, fear, panic, etc]

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The SOUL CONSCIOUSNESS, CONSTITUTION OF THE SOUL, What is a SOUL? - Jan-21-2024

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Monks;

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BEINGS are a BUNDLE of CONSCIOUSNESS rooted in physical SELF (5 elements, earth, fire, air, water, sky)), MIND CONSCIOUSNESS (Aggregate of all the CONSCIOUSNESS that is supplied to the BODY and the

CONSCIOUSNESSES that have been collected over the birth till date cycle of this body, that makes it behave/Function in certain manners.

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Thus monks,

BEINGS are a CONSCIOUSNESS, ANIMALS are a CONSCIOUSNESS, MOUNTAINS are a CONSCIOUSNESS rooted in SELF that is Physical, SEa is a CONSCIOUSNESS, LAKES are a CONSCIOUSNESS and so on.

and monks; Fear is fear CONSCIOUSNESS, anger is anger CONSCIOUSNESS, anxiety is anxiety CONSCIOUSNESS, and so on.

and monks; Phenomena in a state of flux that beings interact with in day-to-day life are also CONSCIOUSNESSES.

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Air is Air CONSCIOUSNESS, VOICE is VOICE CONSCIOUSNESS, EAR is EAR CONSCIOUSNESS, EYE is EYE CONSCIOUSNESS, TONGUE is TONGUE CONSCIOUSNESS, BODY or TOUCH is BODY CONSCIOUSNESS, and so on.

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BREATH IS BREATH CONSCIOUSNESS, FEVER IS FEVER CONSCIOUSNESS, PAIN is PAIN CONSCIOUSNESS, CUT is CUT CONSCIOUSNESS, WOUND is WOUND CONSCIOUSNESS, and so on.

MIGRAINE is MIGRAINE CONSCIOUSNESS, TINNITUS is TINNITUS CONSCIOUSNESS.

.

Monks THERE is a CAUSAL BODY that can observe THE BEING (Body with its CONSCIOUSNESS), the MIND and BODY are being OBSERVED by the CAUSAL BODY CONSCIOUSNESS aka SOUL CONSCIOUSNESS.

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CONSTITUTION OF SELF that is rooted in PHYSICAL BODY (5 elements, all the bodies are formed of 5 elements)

CONSTITUTION OF SELF that is rooted in NO-SELF, ie, aggregates of 5 KHAND'S (5 NON-SELF elements, Form, Feelings, Perceptions, volitional act, and cognization into CONSCIOUSNESS)

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Thus, Monks, BEINGS are a BUNDLE of "SELF that is rooted in PHYSICAL BODY" PLUS + SELF that is rooted in NO-SELF

and then, there is CONSCIOUSNESS which is the CAUSAL BODY that occupies the BEINGS as an observer, and thus, the CAUSAL BODY has its CONSCIOUSNESS and GUNA (SATVA GUNA, TAMAS GUNA, RAJAS GUNA)

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Thus Monks; this CAUSAL BODY is nothing but a SOUL and the SOUL exists as SOUL CONSCIOUSNESS ROOTED IN A SELF that is the form of ELEMENT coming from the portion of BRAHMAN or HIGHEST CONSCIOUSNESS or the ENTITY known as GOD or the UNIVERSE.

.

As of now, it is a SHALLOW understanding that SOUL elements are ELEMENTS OF SELF that are ROOTED in BRAHAMA (yet to be defined, but definitely as 5 elements or 5 KHANDA; form, feelings, perception, volitional act, and CONSCIOUSNESS) along with the GUNA'S.

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Thus, MONKS, **it is NOW ESTABLISHED that SOUL also is felt as SOUL CONSCIOUSNESS; Still, its** CONSTITUTION remains rooted in 5 kHANDA's and GUNA'S (SATVA GUNA, TAMAS GUNA, RAJAS GUNA), that is collected by the BEING in his MATERIAL AVATAR during birth to death cycle of the body, and that defines how HIGHR SELF that BEING has reached till now and with the HELP OF GUNA collected, that is how HIGHER SELF STATUS if a BEING is established.

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SOUL CONSCIOUSNESS v/s MATERIAL CONSCIOUSNESS - Jan -22-2024

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Monks;

There is a NAME-FORM aka 'a BEING' aka 'a MAN', who buys a CAR drives it through the streets, roams around the world driving through this Car;

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The MAN does not consider 'The AUTOMATIC DRIVE FEATURE or AUTOMATIC DRIVE CONSCIOUSNESS of the CAR' to be his own CONSCIOUSNESS, he knows 'this CONSCIOUSNESS' belongs to the CAR.

The MAN does not consider the 'BEAUTIFUL BODY OF THE CAR' or 'BODY CONSCIOUSNESS of the CAR' to be his own CONSCIOUSNESS, he knows, 'this CONSCIOUSNESS' belongs to the CAR.

Similarly, The MAN does not consider "the DAMAGE that is CAUSED TO THE CAR or DAMAGE CONSCIOUSNESS", to be his own CONSCIOUSNESS, he knows, 'this CONSCIOUSNESS' belongs to the CAR.

and so on monks, he considers all the other features of the Car as CONSCIOUSNESS that belongs to the Car, does not consider the Features as his own CONSCIOUSNESS,

And this way monks, he DISCERNS the 'CONSCIOUSNESS or FEATURES of the CAR' as MATERIAL CONSCIOUSNESS that is not his own, that he simply observes and experiences throughout the LIFE CYCLE OF THE CAR.

.

And Monks, when this CAR IS DEAD or becomes DIS-FUNCTIONAL, the MAN aka NAME-FORM aka a BEING simply goes and buys a NEW CAR. The death of the CAR is not the death of the BEING aka NAME-FORM aka the MAN who owned the CAR.

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Monks; a MAN continues to BUY a NEW CAR till his DESIRE FOR OWNING THE CAR has not been annihilated, and he no longer feels that he needs another CAR to experience the features of this WORLD.

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In the same way Monks, the SOUL (CAUSAL FORM) which is tied to this BODY does NOT consider the BODY as its OWN, it does NOT consider the CONSCIOUSNESS or features of the BODY as its own, it

does NOT consider eye CONSCIOUSNESS as its own, it does NOT consider EAR CONSCIOUSNESS as its own, it does NOT consider NOSE CONSCIOUSNESS as its own, it does NOT consider BRAIN CONSCIOUSNESS as its own, it does NOT consider TONGUE CONSCIOUSNESS as its own;

Similarly, the SOUL does NOT consider the DAMAGE to the BODY, PAIN CONSCIOUSNESS that the body is feeling, ANXIETY CONSCIOUSNESS that this body feels, FEAR CONSCIOUSNESS that this body experiences, and so on as its OWN. The SOUL knows, that these CONSCIOUSNESSES belong to the BODY (these are MATERIAL CONSCIOUSNESSES belonging to the body).

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And Monks, when this BODY IS DEAD, the SOUL aka SOUL CONSCIOUSNESS, simply goes and occupies NEW BODY. The death of the BODY is not the death of the SOUL aka SOUL CONSCIOUSNESS who owned the BODY for its life cycle.

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The JOURNEY OF SOUL or SOUL CONSCIOUSNESS continues till it has reached that HIGHER SELF and MERGED WITH BRAHMA as part of NIBBANA, The journey of the SOUL continues as long as there is a DESIRE to SEEK NEW experiences of the WORLD, and it is the JOB of the SOUL to reach NIBBANA by exiting this BHAV SAMSARA by understanding that every desire he create is a DUKHHA or MISERY and so as long as there is a BIRTH OF CONSCIOUSNESS that is afflicted or conditioned by DESIRES, the SOUL shall continue to occupy the NEW body till it has reached the NIBBANA.

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LAW OF KARMA and Narcissists / Sociopaths/Psychopaths - Jan 23-2024

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Monks,

Just Like Animals have a FIXED CONSCIOUSNESS and NO-SOUL attached to them, and they all behave and look in the same way;

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In the same way Monks, there are ENTITIES or LIVING BEINGS [Narcissists / Sociopaths/Psychopaths], having FIXED CONSCIOUSNESS, born without the SOUL in the HUMAN FORM, and they are extremely dangerous to the people who come in contact with them. They have ONLY ONE LIFE and they are NON-RETURNERS as there is a LACK OF SOUL, which means this is PURELY A PHYSICAL or MATERIAL EXISTENCE, just like mountains/Trees and once they have perished they are NOT RE-BORN, as only the SOUL has an unlimited journey which never perishes, and that is not the case with material existence in any form. Once material life is perished it is gone forever and hence, the law of karma does not apply to material existence.

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Now, one would argue that WHAT HAPPENS to the LAW OF KARMA, and how are these CRUEL ENTITIES (Narcissists / Sociopaths/Psychopaths **) PUNISHED?**

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Monks,

The answer that comes to my mind is that THESE ENTITIES ARE SPECIFICALLY CREATED or BORN to INFLICT DAMAGE to the people they come in contact with, and therefore with God's Blessings 'The Law of KARMA DOES NOT apply to them', for how come entities created by the God or Universe for a SPECIFIC CRUEL TASK be punished, as the TASK however cruel, is meant to be applied to people whom these SOUL-LESS entities come in contact with, precisely to make their life hell, and since this is the TASK given to these entities by the God or UNIVERSE themselves, no law of karma applies to these entities.

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YES, Only the LAW of the LAND applies to these entities.

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And so what shall NORMAL LIVING BEINGS with a SOUL do to save them from these entities (Narcissists / Sociopaths/Psychopaths)?

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Monks,

Once these SOUL-LESS entities (Narcissists / Sociopaths/Psychopaths) are Identified, RUN as FAR AWAY as far as possible as you can, from these entities, even if you have to let go of everything you have earned or collected so far MATERIALISTICALLY, that is the ONLY SOLUTION Monks;

.

For if, you harm these soul-less entities (Narcissists / Sociopaths/Psychopaths) in any way to eradicate them from your life by killing them, then 'The Law of Land and the LAW of KARMA, BOTH apply to you', you shall remember that.

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The other better option is to live a NO-CONTACT basis relationship with them for the rest of their life.

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Training on VOICE CONSCIOUSNESS CHANTS (Hare Krishna Mantra [KRISHNA CONSCIOUSNESS], 'RADHE RADHE', 'ANICCA' or 'ANITYA', 'HARE KRISHNA') For subduing of MISERY in any form- Jan-25-2024

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Monks, This is the FIRST STEP towards the path to Nibbana and subduing of miseries, so my advice is, to start this ASAP as this will take at least 4-6 weeks before you are trained to switch attention to the voice consciousness in the form of chant mantra, and the training to switch attention to the voice

consciousness shall bring all the other consciousness to disappear or mellow down while the chanted mantra is active.

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All these CHANT MANTRA whether in spoken form or chanted inside the mind, are chanted when dealing with the BODY SENSATIONS like PAIN, CUT, INJURY, or an ITCH. The same can also be chanted for mental contents like Fear, Anxiety, Panic, etc. Here Sadhak immediately switches his attention to the spoken words of "'ANICCA' or 'ANITYA'" with the knowledge that all arisings are impermanent and they pass away eventually and there is no need to REACT to THEM.

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Although, the SAME effect of subduing the CONSCIOUSNESS is produced by chanting other CHANT WORDS of "HARE KRISHNA MANTRA" or "RADHE RADHE" or just "HARE KRISHNA", if the SADHAK has been trained on these chant words for several weeks and months, and in that case, simply switching the attention to the spoken words or some cases in spoken in mind, he simply dissolves the CONSCIOUSNESS that is causing him misery in the present moment.

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1) "HARE KRISHNA MANTRA";

Here a Monk,

While sitting, walking, or sleeping, whenever he is free to chant any time of the day, HE CHANTS with SPOKEN WORDS, 'HARE KRISHNA MANTRA'.

HE continues to CHANT, with SPOKEN WORDS, "HARE KRISHNA MANTRA", in such a way that it takes around SIX[6-7] seconds to complete the chanted mantra when spoken ONCE.

While CHANTING the MANTRA he makes sure to listen to his voice vibrations or each of the chant mantra words and the voice without any interference from thoughts or other worldly interaction.

Also, a MONK knows, that any chant done along with thoughts or worldly actions is a chant gone waste, so he makes sure to listen to every word, every voice vibration coming from the spoken chant mantra of his own chanted voice.

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2) **"RADHE RADHE";**

Here a Monk,

While sitting, walking, or sleeping, whenever he is free to chant any time of the day, HE CHANTS with SPOKEN WORDS, "RADHE RADHE".

HE continues to CHANT, with SPOKEN WORDS, "RADHE RADHE", all day and whenever he is free.

And While CHANTING the words "RADHE RADHE", he makes sure to listen to his voice vibrations or chant mantra words and the voice without any interference from thoughts or other-worldly interaction.

Also, a MONK knows, that any chant done along with thoughts or worldly actions is a chant gone waste, so he makes sure to listen to every word, every voice vibration coming from the spoken chant mantra of his own chanted voice.

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3) **"'ANICCA' or 'ANITYA'" [knowledge that this ARISING felt in the present moment is IMPERMANENT];**

THIS IS ESPECIALLY chanted when dealing with BODY SENSATIONS like PAIN, CUT, INJURY, or an ITCH. The same can also be chanted for mental contents like Fear, Anxiety, Panic, etc. Here a SADHAK immediately switches his attention to the spoken words of "'ANICCA' or 'ANITYA'" with the knowledge that all arisings are impermanent and they shall pass away eventually and there is no need to REACT to THEM. Although the SAME effect is produced by chanting other CHANT WORDS of "HARE KRISHNA MANTRA" or "RADHE RADHE" or just "HARE KRISHNA", if the SADHAK has been trained on these chant words for several weeks and months, and in that case, simply switching the attention to the spoken words or some cases in spoken in mind, he dissolves the CONSCIOUSNESS that is causing him misery in the present moment.

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Here a Monk,

While sitting, walking, or sleeping, whenever he is free to chant any time of the day, HE CHANTS with SPOKEN WORDS, either of 'ANICCA' or 'ANITYA'.

HE continues to CHANT, with SPOKEN WORDS, either of the one word, "'ANICCA' or 'ANITYA'", all day and whenever he is free.

And While CHANTING the words "'ANICCA' or 'ANITYA", he makes sure to listen to his voice vibrations or chant words and the voice without any interference from thoughts or other-worldly interaction.

Also, a MONK knows, that any chant done along with thoughts or worldly actions is a chant gone waste, so he makes sure to listen to every word, every voice vibration coming from the spoken chant mantra of his own chanted voice.

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Let's construct a BEING aka a NAME-FORM - Jan 28-2024

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Monks; Let's construct a BEING.

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There is a specific BEING a NAME-FORM which is nothing but a BUNDLE OF CONSCIOUSNESSES.

A BEING is BORN as BRAIN and the BODY along with 6 sense media CONSCIOUSNESSES, along with the DEFAULT CONSCIOUSNESSES that make it behave in a specific manner.

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Monks; ANY CONSCIOUSNESS that is ROOTED IN a SELF that is a PHYSICAL BODY is a MATERIAL CONSCIOUSNESS.

Thus, all the CONSCIOUSNESSES, eyes, ears, nose, tongue, brain, and body are MATERIAL CONSCIOUSNESSES.

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And MONK, any fabrication or learning born out of these CONSCIOUSNESSES are MATERIAL NATURE and they PERISH upon the death of the BODY.

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Thus Monks; if there was FABRICATION or COLLECTION OF NEW CONSCIOUSNESSES in the form of learning of MUSICAL TALENT, or say learning of specific ENGINEERING or IT talent, then these CONSCIOUSNESSES perish along with the death of the BODY as these are CONSCIOUSNESSES that are born of MATERIAL CONSCIOUSNESSES i.e. SIX SENSE media that is ROOTED to a SELF that is a PHYSICAL BODY.

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So Monks; Which is a CONSCIOUSNESS that is NOT ROOTED TO SELF that is a PHYSICAL BODY?

The CAUSAL FORM, SOUL or SOUL CONSCIOUSNESS is the one that is NOT a SELF that is rooted to a MATERIAL NATURE, as this SOUL or SOUL-CONSCIOUSNESS is purely a SPIRITUAL FORM along with the GUNA (SATVA GUNA, TAMAS, and RAJAS GUNA) which help the SOUL decide that all the MATERIAL CONSCIOUSNESSES (BEING-NAME-FORM and its CONSCIOUSNESSES) must be used as DIRECTED BY THE SOUL GUNA's that has been collected and established as the part of several birth cycle of past and present.

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And Monks, NAME_FORM in the category of NARCISSISTS, SOCIOPATHS, and PHYSOCPATHS DO NOT POSSES the SOUL, these are the MATERIAL FORM-NAME_FORMS, bodies born without the SOUL occupying them, and hence they are NOT ABLE TO DECIDE WHAT IS WRONG AND RIGHT, as their actions are NOT GOVERNED BY THE GUNA's that are usually the part of the SOUL CONSCIOUSNESSES and the PURE lack of SOUL, makes them dependent upon actions or reactions of the other name-form for them to understand what is wrong and what is right for them. Also, the ABSENCE of SOUL CONSCIOUSNESSES makes it IMPOSSIBLE FOR THEM TO FABRICATE THE KNOWLEDGE of good and bad which is usually UPDATED as part of GUNA's if there was the presence of SOUL which is not the case in these types of name-forms or BEINGS. They are only able to fabricate the knowledge used by the SIX SENSE MEDIA and thus they live PURELY A MATERIAL EXISTENCE and they are NON-RETURNERS (no re-birth for them), as only the SOUL never dies or perishes, but material bodies perish upon their death and hence these type of name-form-beings perish upon the death and live only ONE LIFE and they do not have a RE_BIRTH.

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And Monks; Just like you cannot FAULT A LION or an HYENNA for killing other animals for their survival, as they are BORN WITH FIXED CONSCIOUSNESSES and they all behave and look in same ways, and they just live to kill and eat, in the same way, monks, NAME_FORM in the category of NARCISSISTS, SOCIOPATHS, and PSYCHOPATHS, since they DO NOT POSSES the SOUL, they are born with FIXED CONSCIOUSNESSES and therefore you must have NOTICED that ALL NAME_FORM in the category of NARCISSISTS, SOCIOPATHS, and PSYCHOPATHS BEHAVE EXACTLY IN SAME MANNERS, as the lack of SOUL and its GUNA's makes it impossible for them to decipher their cruel actions as non-human-actions.

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And just like in the case of LION and HYNENNA, the LAW OF KARMA DOES NOT APPLY for killing other animals to survive, as there is a LACK OF SOUL in these ANIMAL BODIES, in the way monks, the LAW OF KARMA DOES NOT APPLY to NAME_FORM or BEINGS in the category of NARCISSISTS, SOCIOPATHS, and PSYCHOPATHS, as theirs is PURELY A MATERIAL EXISTENCE just LIKE ANIMALS, and they just live to eat, grab and bring misery to the people they come in contact with.

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Now MONKS,

If the BEING aka NAME-FORM with SUCH A SUCH BODY and SUCH A SUCH FEATURES is BUNDLE OF 100's and millions of CONSCIOUSNESSES, can we then say that ALL THE CONSCIOUSNESSES that are ROOTED TO THE PHYSICAL SELF or this MATERIAL BODY are separate ENTITIES IN THEMSELVES?

Yes, MONKs; Just like you see another NAME-FORM or a person coming towards you and you identify that person as another name-form, in the same way, monks you shall SEE ALL AND EVERY CONSCIOUSNESSES that make an appearance either in the form of the physical body or as deciphered by 6 sense media or as NO-SELF (experienced only by the mind),

.

And monks; just like if you saw a person that you find will bring misery upon the interaction and so you QUICKLY distance away upon seeing that person coming towards you, In the same way monks, when you shall NOTICE ANY

OR EVERY ARISING OF CONSCIOUSNESSES as separate entities, and if that entity is going to cause you misery in any form, you shall immediately try to DISTANCE AWAY from that entity or CONSCIOUSNESS as soon as their arising is noticed.

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How to MEDITATE to Prevail over all the Other Consciousness's? - Jan-30-2024

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How to MEDITATE on Air Consciousness (ANAPANA, Breath EXHALE) and Voice Consciousness (CHANTA MANTRA) With the FIRM INTENT to PREVAIL over all the other Consciousnesses? - Jan-30-2024

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WHICH OBJECT OF MEDITATION?

1) **BREATH EXHALE AIR** (**Air Consciousness,** ATTENTION OF HIS INNER VISION FIRMLY ESTABLISHED ON "Air Consciousness")

2) **CHANT MANTRA** (**Voice Consciousness** in the form of "**HARE KRISHNA MANTRA"** or simply chants of "HARE KRISHNA" or "RADHE RADHE"), ATTENTION OF HIS INNER VISION FIRMLY ESTABLISHED ON CHANTING and listening to his own voice vibrations and words during the chants of the MANTRA aka "Voice Consciousness"

.

Monks,

We shall form an INTENT TO MEDITATE ON "Object of MEDITATION" (Any of the Blissful Consciousnesses or Neutral Consciousnesses) with the INTENT TO PREVAIL OVER ALL THE OTHER Consciousnesses that may arise and pass away during the meditation process.

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Thus Monks, WHILE MEDITATING ON CHANT MANTRA (Voice Consciousness in the form of "HARE KRISHNA MANTRA" or simply chants of "HARE KRISHNA" or "RADHE RADHE");-

Here, a SADHAK CONTINUES TO CHANT the MANTRA IN SPOKEN WORDS, making sure to establish the attention of his inner vision firmly at listening to vibrations and words of his own chanted voice, during the chant of the MANTRA, making sure not to attend to THOUGHTS and other WORDLY INTERACTION DURING THE CHANTING PROCESS.

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1)

Here, If a SADHAK becomes aware of **ITCH** or **ITCH** Consciousness arising and trying to take his attention, he shall immediately let himself know that he must prevail "Voice Consciousness or speaking and listening to the CHANT MANTRA" over the ITCH Consciousness, and thus, with this knowledge, a SADHAK, FIRMLY ESTABLISHES HIS ATTENTION ONLY to speak and LISTEN TO CHANT MANTRA aka Voice Consciousness, till the Voice Consciousness aka CHANT MANTRA has prevailed over the **ITCH** Consciousness and he continues to "listen and chant the mantra" with ATTENTION OF HIS INNER VISION FIRMLY ESTABLISHED ON "Voice Consciousness aka CHANT MANTRA", subduing all the other Consciousnesses that arise during the meditation on Voice Consciousness or CHAN MANTRA.

2)

Here, If a SADHAK becomes aware of **PAIN** or **PAIN** Consciousness arising and trying to take his attention, he shall immediately let himself know that he must prevail "Voice Consciousness or speaking and listening to the CHANT MANTRA" over the PAIN Consciousness, and thus, with this knowledge, a SADHAK, FIRMLY ESTABLISHES HIS ATTENTION ONLY to speak and LISTEN TO CHANT MANTRA aka Voice Consciousness, till the Voice Consciousness aka CHANT MANTRA has prevailed over the **PAIN** Consciousness and he continues to "listen and chant the mantra" with ATTENTION OF HIS INNER VISION FIRMLY ESTABLISHED ON "Voice Consciousness aka CHANT MANTRA", subduing all the other Consciousnesses that arise during the meditation on Voice Consciousness or CHAN MANTRA.

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1)

Here, If a SADHAK becomes aware of ANXIETY Consciousness, FEAR Consciousness OR ANGER Consciousness OR STRESS Consciousnesses, arising and trying to take his attention, he shall immediately let himself know that he must prevail "Voice Consciousness or speaking and listening to the CHANT MANTRA" over the ANXIETY Consciousness, FEAR Consciousness OR ANGER Consciousness OR STRESS Consciousnesses, and thus, with this knowledge, a SADHAK, FIRMLY ESTABLISHES HIS ATTENTION ONLY to speak and LISTEN TO CHANT MANTRA aka Voice Consciousness, till the Voice Consciousness has prevailed over the ANXIETY Consciousness, FEAR Consciousness OR ANGER Consciousness OR STRESS Consciousnesses, and he continues to "listen and chant the mantra" with ATTENTION OF HIS INNER VISION FIRMLY ESTABLISHED ON "Voice Consciousness aka CHANT MANTRA", subduing all the other Consciousnesses that arise during the meditation on Voice Consciousness or CHAN MANTRA.

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and so on.

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HOW DO WE DISTANCE AWAY from the ENTITY or CONSCIOUSNESSES, as soon as their arising is noticed by the mind or the 6 SENSE MEDIA, internally or externally? Jan-30-2024
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AND MONKS;

HOW DO WE DISTANCE AWAY from the ENTITY or CONSCIOUSNESSES, as soon as their arising is noticed by the mind or the 6 SENSE MEDIA, internally or externally?

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Monks, As already discussed this in my previous posts,

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CHANT MANTRA: A Monks immediately switches his attention to the CHANT MANTRA with spoken words, upon seeing any arising of CONSCIOUSNESSES that may cause him misery,

.

1) "HARE KRISHNA MANTRA" or CHANT 'RADHE RADHE" or simply chant "HARE KRISHNA";

Here a Monk,

While sitting, walking, or sleeping, whenever he is free to chant any time of the day, HE CHANTS with SPOKEN WORDS, 'HARE KRISHNA MANTRA'.

HE continues to CHANT, with SPOKEN WORDS, "HARE KRISHNA MANTRA", in such a way that it takes around SIX[6-7] seconds to complete the chanted mantra when spoken ONCE.

While CHANTING the MANTRA he makes sure to listen to his voice vibrations or each of the chant mantra words and the voice without any interference from thoughts or other worldly interaction.

Also, a MONK knows, that any chant done along with thoughts or worldly actions is a chant gone waste, so he makes sure to listen to every word, every voice vibration coming from the spoken chant mantra of his own chanted voice.

.

BODY SENSATIONS shall be observed EXACTLY where they make CONTACT with the body part, that means we observe every "**CONTACT**" of sensation with the body parts, exact body part location, where sensation is arising and passing away, where they are felt as bubbles at CONTACT of sensation with the body part where they originate, observing every CONTACT moving swiftly without pausing even for a second, walking inner vision over the sensations and their every CONTACT with body part, observing objectively and with equanimity, where-ever that sensation is making the CONTACT anywhere on body part, some times HOLISTICALLY or other times PART BY PART within the inflicted space of the body part affected by the SENSATIONS.

.

MENTAL CONTENTS shall be noticed for their VOID NATURE, Presence that is only felt by the mind and these are just the images or thoughts formed just now, MENTAL CONTENTS are contemplated for their NO-SELF existence, and thus ENGAGEMENT with them is AVOIDED with the knowledge that what does not exist in reality, can only be felt by the mind, are images and thoughts formed just now, HOW CAN I REACT TO SOMETHING that is VOID/EMPTY/NO-SELF? With this knowledge the

SADHAK ABANDONES interacting with mental contents and they are immediately LET GO as soon as their arising is NOTICED.

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PHENOMENON; Monks, finally there are PHENOMENON that are in a STATE OF FLUX and over which BEINGS have no control, these are the INCIDENTS and FORMS, thrust upon us on day to day basis and we are FORCED TO INTERACT WITH THEM as per the law of nature and our existence as MATERIAL FORM in this BHAV SAMSARA. Now Monks; Here we follow 8 Noble PATH as taught by the blessed one, and WE DO NOT create CRAVING/AVERSION/DELUSION/CLINGING towards any of the interactions in day to day life that we interact upon. Here, a SADHAK makes sure to NOT CREATE CRAVING/AVERSION/DELUSION/CLINGING during any of the interactions of life and follows COMPASSION and LOVINGNESS for all the beings.

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Are we, 'part of ONE BRAHMAN' or 'Are we ONE CONSCIOUSNESS'? - Feb -5-2024

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Monks;

An example of a MIRROR which REFLECTS the world objects into it, OR the example of a LAKE which REFLECTS the WORLDLY OBJECTS into it, ALTHOUGH MEANS that WORLD is just an APPEARANCE as it appears in MIRROR CONSCIOUSNESS or as LAKE CONSCIOUSNESS, AS the ONE vast mirror of CONSCIOUSNESS, nevertheless, this is "NOT ONE CONSCIOUSNESS" or **"WE ALL ARE NOT ONE CONSCIOUSNESS"**

.

CONSCIOUSNESS manifests itself in millions and zillions of FORMS, and we as the SOUL are WITNESS or OBSERVER to it. YES; "PAIN is ONE CONSCIOUSNESS", "FEAR is ONE CONSCIOUSNESS", "anxiety is ONE CONSCIOUSNESS", and as living entities, we all face the SAME, "ONE CONSCIOUSNESS", from time to time, if afflicted in any way by way of damage on the body or by mental contents,

.

As is already understood, there is an OBSERVER/WITNESS of these CONSCIOUSNESSES (Mirror CONSCIOUSNESS, or LAKE

CONSCIOUSNESS, as in the above example), and that WITNESS is nothing but a **PURUSH** ({part of **BAHAMAN**) or **"SOUL- CONSCIOUSNESS with its own GUNA's and CONSCIOUSNESSES"**, is the one who is an OBSERVER or WITNESS to the "**PLAY OF MATERIAL CONSCIOUSNESSES**".

.

A SOUL that is OVERCOME by IMPURITIES of the MATERIAL CONSCIOUSNESSES as experienced by the mind and body, lives PURELY A MATERIAL EXISTENCE, and hence if this SOUL is CLOUDED BY STRONG SANKHARA or THIS VERY CONDITIONED or AFFLICTED MATERIAL EXISTENCE in the form of MIND-BODY, then that SOUL does not get the chance to take part in SELF REALIZATION and the whole BIRTH CYCLE of acquired MIND-BODY is WASTED, as MATERIAL CONSCIOUSNESSES aka mind-body-**CONSCIOUSNESSES** aka SANKHARA has CONTAMINATED or become IMPURE TO SUCH AN EXTENT that SOUL does not get chance to cleanse itself to reach that HIGHER SELF and merge with ultimate entity BRAHMAN as part of the process of NIBBANA.

.

It is the JOB of the SOUL, to CLEANSE the AFFLICTED or CONDITIONED MATERIAL **CONSCIOUSNESSES** of this very MATERIAL existence in the form of mind-body, so that it can reach that higher SELF and merge with BRAHMA, but if the SOUL continues to ENJOY and gets CLOUDED BY the "MATERIAL **CONSCIOUSNESSES**" to such an extent that it forgets its real job to reach Nibbana, then that SOUL has WASTED THE WHOLE BIRTH cycle of the MIND_BODY, and if the MATERIAL **CONSCIOUSNESS** aka mind-body-**CONSCIOUSNESSES** is CONTAMINATED or has become impure to such an extent that nothing can salvage it, then only the DEATH OF THE BODY becomes IMPORTANT, so as to release the SOUL to occupy another BODY and so that it can again get the chance to reach NIBBANA.

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ELEMENTS OF 'SELF' for SOUL/CONSCIOUSNESS/BODY- Feb-6-2024

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Monks,

The BLESSED ONE [**BUDDHA**], has been able to define the elements of the SELF that CONSTITUTES the knowledge of how the **SELF** [SENSE

IMPRESSIONS collected by the 6 SENSE MEDIA] and subsequent CONSCIOUSNESS is made available to the BEINGS.

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ELEMENTS OF SELF as defined by the BLESSED ONE [Form, Feelings, perception, volitional act or reactions, CONSCIOUSNESS]

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These elements of SELF are common to all 3 bodies {physical form or the **BODY**, subtle body aka **CONSCIOUSNESSES** supplied to this body, and the **SOUL** aka **CAUSAL FORM]** that constitute a BEING.

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5 KHANDA's or elements of SELF are (**FORM** [**Physical** form or **Logical** form], **FEELINGS** [as perceived through 6 sense media], **PERCEPTION** [as evaluated by the brain], **VOLITIONAL ACT or FABRICATIONS** [mental, physical or verbal action], **CONSCIOUSNESS** [aggregate and fabrication of all 4 previous elements displayed to the inner vision or the MIND as animated images)

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<u>CONSTITUTION OF SOUL/CONSCIOUSNESS/BODY as understood from the SELF-knowledge;-</u>

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"SOUL" FORM ['SOUL body' or '**PURUSH**' or 'portion of **BRAHMAN**', **GUNA'S, INNER VISION, SOUL-CONSCIOUSNESS]**-**GUNA'S** [SATVA, TAMAS, RAJAS] along with its OWN "**INNER VISION"**, and "**SOUL-CONSCIOUSNESS**" as aggregates of elements of SELF that have sense impression similar to that of LINE DRAWN ON the ROCK, collected by 6 sense media of MATERIAL EXISTENCE aka mind-body human form existence in present birth and as collected by the SOUL from the past births.

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"BODY" FORM [EARTH elements, material CONSCIOUSNESSES] - This HUMAN or LIVING FORM exists as a PHYSICAL BODY with 5 earth elements and DEFAULT CONSCIOUSNESSES {material

CONSCIOUSNESSES and no-self CONSCIOUSNESSES, both] that is supplied to this BODY upon the BIRTH.

material CONSCIOUSNESSES aka Body CONSCIOUSNESSES, EYE CONSCIOUSNESSES, EAR CONSCIOUSNESSES, TONGUE CONSCIOUSNESSES, BRAIN CONSCIOUSNESSES, NOSE CONSCIOUSNESSES

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"**CONSCIOUSNESS**" - as **"NO-SELF FORM visible only to the MIND or INNER VISION"** [As "aggregates of elements of SELF", or "sense impression collected or ESTABLISHED through 6 sense media" from THIS birth cycle of a LIVING BEING or past APPEARANCE as mind-body cycles of the SOUL]

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Now Monks; a "SELF", that is;

"SOUL" has a **FORM** ('**SOUL body'** or '**PURUSH**' or 'portion of **BRAHMAN**']

"CONSCIOUSNESS" has a "**No-Self FORM"** (aggregate of elements of SELF, collected through 6 sense media' or animated or fabricated form of elements of SELF')

"BODY" has a **FORM** (EARTH elements [portion of the earth, fire, air, water, and sky or emptiness])

.

Thus, '**SOUL**', with such and such "FORM", such and such existence as a "FEELINGS", as experienced by the INNER VISION", and experienced through eye CONSCIOUSNESS and other 6 CONSCIOUSNESSES {eye, ear, nose, tongue, body, and brain), with such and such "PERCEPTION", after mental evaluation using BRAIN CONSCIOUSNESS, such and such FABRICATION as evaluated by mental, verbal and physical REACTIONS, and CONSCIOUSNESS as it appears to the MIND or INNER VISION as visual animated objects)

.

Thus, '**BODY or MATERIAL EXISTENCE in the present birth**', with such and such "FORM", such and such existence as a "FEELINGS", as experienced by the INNER VISION", and experienced through eye CONSCIOUSNESS and other 6 CONSCIOUSNESSES {eye, ear, nose, tongue, body, and brain), such and such "PERCEPTION", after mental evaluation using BRAIN CONSCIOUSNESS, such and such FABRICATION as evaluated by mental, verbal and physical REACTIONS, and CONSCIOUSNESS as it appears to the MIND or INNER VISION as visual animated objects)

.

Thus, '**CONSCIOUSNESS**', with such and such "FORM", such and such existence as a "FEELINGS", "as experienced by the INNER VISION", and through eye CONSCIOUSNESS and other 6 CONSCIOUSNESSES {eye, ear, nose, tongue, body, and brain), such and such "PERCEPTION", after mental evaluation using BRAIN CONSCIOUSNESS, such and such FABRICATION as evaluated by mental, verbal and physical REACTIONS, and CONSCIOUSNESS as it appears to the MIND or INNER VISION as visual animated objects)

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How to RECOVER FROM OCD [obsessive compulsive disorder] in Just a few days- Feb-7-2024

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Monks; Fear is "Fear CONSCIOUSNESS", Anger is an "Anger CONSCIOUSNESS", Migraine is "Migraine CONSCIOUSNESS" and so on.

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In the same way Monks; OCD or "obsessive compulsive disorder", is an "OCD CONSCIOUSNESS".

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Monks; OCD was born as a new CONSCIOUSNESS somewhere during the life cycle of a LIVING BEING, the cause of which may not be known [IDEOPATHIC], but this is NOT MEDICAL SCIENCE I TEACH Monks, where they designate the MEDICAL ISSUE as IDEOPATHIC {CAUSE UNKNOWN] and wash their hands off and make you live with pills for the rest of the life.

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Monks; as a TRUE DISCIPLE, ON THE PATH OF BUDDHA TO ERADICATE MISERY FROM THIS PLANET, I TEACH "SPIRITUAL SCIENCE METHODS", SO YOU ALL ARE SAVED BY OUR TEACHINGS. There is NO TERM LIKE IDEOPARHIC in SPIRITUAL SCIENCE, as every SANKHARA or MENTAL DEFILEMENT, you come across in life is termed as a PHENOMENON and all PHENOMENON are a CONSCIOUSNESSES or a BUNDLE OF CONSCIOUSNESSES.

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And Monks; I shall tell you another secret, as to why the medical industry designates a medical issue as IDEPATHIC {CAUSE UNKNOWN], because in almost all the cases, it was the result of SIDE EFFECTS SYMPTOM of some of the pills they have created for other medical issues, and when a patient takes those pills, new symptoms emerge which are then DESIGNATED as IDEOPATHIC by medical industry so that their medical pills are not blamed.

Now Monks; How do you CLEANSE THIS "OCD CONSCIOUSNESS" or "STOP OCD CYCLE", or make someone RECOVER FROM THE OCD in just a few days?

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Monks, HOW is a CONSCIOUSNESS BORN? and where are CONSCIOUSNESSES STORED?

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CONSCIOUSNESS is BORN as a result of CONTACT or as a RESULT of interaction with a PHENOMENON by a NAME-FORM, and IF this **CONSCIOUSNESS** is AFFLICTED or CONDITIONED due to any reason whatsoever the cause, then monks, this **CONSCIOUSNESS** must ARISE, PERSIST for a WHILE and CEASE from time to time, till it has been RESOLVED to either NEUTRAL or BLISSFUL, as PER THE LAW OF NATURE. And Monks, the CONSCIOUSNESSES that are BORN, are STORED exactly where they are felt or received on body parts.

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Now Monks;

How do we CLEANSE ANY CONSCIOUSNESS?

**** PLEASE REFER to MY POST ON "How to do VIPASSANA BODY SCAN to cleanse CONSCIOUSNESS" and "How to cleanse any type of CONSCIOUSNESS" ****

.

To illustrate this simply, Monks; before an "OCD VOLITIONAL ACT" is performed by the "OCD patient", he gets this urge or sees ARISING of several different types of SENSATIONS on his body, that are TRIGGER to make him perform the "OCD ACT". a PATIENT shall be trained to look for triggers and start performing TOP head to Bottom Feet, VIPASSANA BODY SCAN which can be performed "on the fly, walking, sleeping or sitting, in any positions, since this VIPASSANA BODY SCAN is performed by inner vision or mind's eye using OBJECTIVE OBSERVATION and NO REACTION [EQUANIMITY] principals of VIPASSANA.

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As soon as the URGE TO ACT on OCD starts to affect the patient, he MUST START VIPASSANA BODY SCAN immediately using OBJECTIVE OBSERVATION and NO REACTION [EQUANIMITY] principals of VIPASSANA., and walk his inner vision over every incident or sensation being felt on the body, swiftly scanning within just a few seconds, without pausing the inner vision even for a second on any sensations or incident on the body, but making sure to pass or walk the inner vision over every sensation or incident happening on the body, swiftly moving vipassana body scan from Top Head to Bottom FEET and REVERSE and sideways top to bottom and reverse till the URGE to ACT on OCD has stopped or mellowed down.

.

THIS SHALL ROOT OUT OCD in just a few days, never to come back.

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Another way is to NOT PERFORM THE OCD ACT by a RESOLUTE patient, and simply by "canceling the EVENT of the urge to perform the OCD ACT", and just a few times of this cancellation of the OCD EVENT shall STOP THE OCD symptoms for the good. But to root it out, VIPASSANA BODY SCAN is the BEST WAY.

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Blissful CONSCIOUSNESS, NEUTRAL CONSCIOUSNESS, CONDITIONED or AFFLICTED CONSCIOUSNESS EXPLAINED // How to CHANGE CONSCIOUSNESS- Feb-7-2024

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Monks;

Let us understand how Blissful CONSCIOUSNESS, NEUTRAL CONSCIOUSNESS, and "CONDITIONED or AFFLICTED" CONSCIOUSNESS are CREATED and **How to CHANGE CONSCIOUSNESS!**

The "CONSCIOUSNESS" is BORN exactly where it is RECEIVED in the first place (eye CONSCIOUSNESS, Ear CONSCIOUSNESS, Body CONSCIOUSNESS, and so on) and all the places where its symptoms are felt on different body parts.

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Now Monks, Let's understand with an example, how a **"DOG CONSCIOUSNESS"** is BORN on different NAME-FORM or BEINGS as illustrated in the following examples:-

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EXAMPLE 1)

If there is BEING or a **NAME-FORM-1**, who while walking on the street SUDDENLY COMES ACROSSS A DOG, and this TRIGGERS chills and **FEAR** on his body. He feels chills on his chest, and on his legs upon seeing a DOG.

Monks, all the places on his BODY, this BEING or a **NAME-FORM-1** has CREATED CONSCIOUSNESS that is AFFLICTED OR CONDITIONED, conditioned by '**FEAR**'.

.

Monks, this "DOG CONSCIOUSNESS" born on the body of a BEING or a NAME-FORM-1 is afflicted or conditioned by FEAR.

.

EXAMPLE 2)

If there is BEING or a **NAME-FORM-2**, who while walking on the street SUDDENLY COMES ACROSS A DOG, and this TRIGGERS "**COMPASSION AND LOVE**" on his body. He feels "**COMPASSION AND LOVE"** upon seeing a DOG.

Monks, all the places on his BODY, this BEING or a NAME-FORM-2 has CREATED CONSCIOUSNESS that is "BLISSFUL" conditioned by "COMPASSION AND LOVE".

.

Monks, this "DOG CONSCIOUSNESS" born on the body of a BEING or a NAME-FORM-2 is conditioned by COMPASSION AND LOVE.

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EXAMPLE 3)

If there is BEING or a **NAME-FORM-3**, who while walking on the street SUDDENLY COMES ACROSS A DOG, and this "**DOES NOT TRIGGER ANY REACTION"** on his body. HE SIMPLY WALKS AWAY upon seeing the DOG and DOES NOT REACT IN ANY WAYS.

Monks, all the places on his BODY, this BEING or a **NAME-FORM-3** has CREATED CONSCIOUSNESS that is "**NEUTRAL**", "NOT conditioned in ANYWAYS".

.

Monks, this "DOG CONSCIOUSNESS" born on the body of a BEING or a NAME-FORM-3 is "NOT conditioned in ANYWAYS" and is "NEUTRAL".

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As per the LAW OF NATURE **NAME-FORM-1** who has created 'DOG CONSCIOUSNESS" that is CONDITIONED BY "FEAR", will continue to suffer FEAR every time he comes across the DOG.

As per the LAW OF NATURE **NAME-FORM-2** who has created 'DOG CONSCIOUSNESS" that is CONDITIONED BY "COMPASSION AND LOVE", will continue to FEEL "COMPASSION AND LOVE for the animal" every time he comes across the DOG.

As per the LAW OF NATURE **NAME-FORM-3** who has created 'DOG CONSCIOUSNESS" that is "NOT conditioned in ANYWAYS", will continue to "REMAIN NEUTRAL without ANY REACTION", every time he comes across the DOG.

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AND SO MONKS; the most pertinent question that arises is how does NAME FORM-1 Change his CONSCIOUSNESS that is BLISFFUL or NEUTRAL?

So, Monks, the answer lies exactly in the way CONSCIOUSNESS was BORN as per interactions of **name-form-2** and **name-form-3.**

If **name-form-1,** upon seeing the DOG NEXT TIME, PREPARES HIMSELF to ACT NEUTRAL without ANY REACTIONS WHATSOEVER, and when he sees the DOG and acts in the same way exactly as the name-form-2 and name-form-3 behaved, then Monks, He would have changed his "DOG CONSCIOUSNESS" to either NEUTRAl or CONDITIONED BY "COMPASSION AND LOVE", as per the CHANGED BEHAVIOUR of his interaction to the ANIMAL, DOG in this case.

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How does Consciousness become INTENSE = Feb-11-2024?

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Monks;

Monks; we BEINGS are a BUNDLE OF Consciousnesses.

BEING is BODY + SUBTLE FORM (total Consciousness aka MIND)

A BEING also has a CAUSAL FORM aka SOUL along with SOUL-Consciousness that drives the BEING in the present birth cycle.

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Now, Monks, Consciousness is formed/Accumulated by a VOLITIONAL ACT performed by a NAME-FORM, SELF ROOTED In Material/Physical Form, this BODY aka BEING.

This SAME Consciousness then gets created as NO-SELF as part of SUBTLE FORM as a RECORD of a BEINGS ACTION that resulted in this very Consciousness.

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Now Monks, Although the VOLITONAL ACT was performed "**ONCE**", by a Volitional ACT OF A PHYSICAL-BEING, but monk, NO-SELF Consciousness that is the result of the volitional act of a BEING, continues to arise, persist for a while, and cease as per the law of nature, ie. "**REPEATS**" itself till it has been resolved to blissful or neutral.

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Thus, Monks, it can be said that MORE THE more NUMBER OF "REPEAT of this Consciousness", the more "INTENSE the Consciousness" becomes, "if this REPEAT Consciousness is not let GO immediately upon its arising".

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Thus Monks, 'the KNOWLEDGE that THIS Consciousness that has arisen just now is a "REPEAT Consciousness" ', must be developed so that it iss LET GO IMMEDIATELY UPPON ITS ARISING so that the Consciousness does not get INTENSE or multiply in STRENGTH.

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Now Monks, Volitional acts that created Consciousnesses, are performed by a NAME-FORM aka a BEING, as well as BEINGS that have a HABIT PATTERN to form Consciousnesses by "REACTING TO REPEAT Consciousnesses" that arise from time to time as per the LAW OF NATURE.

.

Also, Monks, just like an "AFFLICTED Consciousness in the form of NO-SELF" continue to arise, persist, and cease as per the law of nature aka "REPEAT Consciousness", till it has been resolved to BLISSFUL or NEUTRAL,

In the same way Monks, an "AFFLICTED Consciousness in the form of 'SElf' that is 'NAME-FORM' aka 'Physical-form aka BEING' continues to create

MISERY, whenever that afflicted-name-form or MAN comes in contact with another name-form-Man, till the AFFLICTED NAME-FORM-man-Consciousness has been able to resolve himself of all the misery that it tries to INFLICT UPON other NAME-FORM by bringing compassion and SATVA GUNA features by indulging in life that is SPIRITUAL and HEALTHY.

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When forced to deal with an AFFLICTED NAME-FORM-man-Consciousness, BEINGS shall know that this NAME-FORM-man-Consciousness is afflicted and therefore there is a possibility that they will be HARMED IN SOME way by this AFFLICTED-NAME-FORM-man-Consciousness, and therefore with this KNOWLEDGE, other BEINGS aka NAME-FORM try to either distance away from that name-form-Physical-form or deal with him with the "KNOWLEDGE that this NAME-FORM-man is afflicted and hence any harm that shall come to our ways upon interaction with him shall be handled with compassion and least of aversion".

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ONE SHALL TRAIN THEM TO DEVELOP COMPASSION to such an extent, that any aversion that is formed is SHORT LIVED just like a LINE DRAWN on the WATER.

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What is the purpose of professional ambition and desire for excellence if it only enhances ego? Ref:VEDANTA SOCIETY OF New York; Ref Swami Sarvapriyananda- Feb-12-2024

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Q1) What is the Purpose of professional ambition and excellence once you realize it is only going to please your EGO rather than help you realize your true nature?
Q2) What is Kartavya bodh as a samsari? If you are NOT THE DOER OR KARTA, then why have anxiety about duties especially Regarding parenting or the future of the children?
++++++++++
Question Reference URL: What is the purpose of professional ambition and desire for excellence if it only enhances ego? Ref: **VEDANTA SOCIETY OF New York**
https://youtu.be/92ruu0KQKNU?si=uqfg2ee9-WnmAPh2
Swami Sarvapriyananda speaks on the topic, " What is the purpose of professional ambition and duty?".

Swami Sarvapriyananda is the resident minister at the Vedanta Society of New York.
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My Answer:

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Monks;
There is MIND-BODY that is the MATERIAL FORM, BODY along with the MIND aka Body Consciousness and then THERE IS A SOUL which is the SPIRITUAL FORM along with SOUL- Consciousness and GUNA and INNER VISION [□□□□□□ or □□],
. **SOUL as a DOER**
SOUL is the DOER and MATERIAL FORM is acquired so that the SOUL, while living the MATERIAL WORLD can free itself from the desires and aversion of the material world and reaches SELF-REALIZATION to merge with "higher SELF aka BRAHMA", to get itself released from the ILLUSION OF THIS MATERIAL WORLD aka BHAV SAMSARA so that there is no more need to acquire the material form.

. **EGO (SOUL-EGO and Material body-EGO}**
ALSO MONKS; There is EGO or the "EGO Consciousness", that belongs to SOUL, that TIES ITSELF to THE ACQUIRED MATERIAL FORM till the death of the MATERIAL FORM aka this BODY. By this EGO SOUL maintains its HOLD ON THE MATERIAL BODY of a BEING.
And then Monks, there are several EGO or "EGO Consciousnesses", that are collected by the MIND-BODY or material form during its LIFE CYCLE. By this EGO a Material Body identifies itself as '**NAME-FORM'**, "**Chartered Management Consultant**", 'a MINISTER', 'a CEO', 'a **ASSOCIATE PARTNER" and so on.**

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. **<u>QUESTION 1 ANSWERED</u>**
Now Monks, referring to question 1;the Purpose of professional ambition and excellence; this has to be done to SUSTAIN THIS MATERIAL BODY with the FOOD, CLOTHING, and the SHELTER that must be earned by "professional ambition and excellence", for the material body's lifetime, and only when one is released from the CYCLE OF EARNING FOOD, CLOTHING, AND SHELTER as a basic need to sustain this material form, the SOUL is THE FREE TO PURSUE THE GOAL OF SELF-REALIZATION. To make the MATERIAL BODY FREE from the REGULAR NECESSITIES, the MATERIAL FORM MUST ACQUIRE Consciousnesses in the form of "professional ambition and excellence that shall provide the basic needs so that this material form can be sustained for the lifetime.

So Monks; until this SOUL EGO is tied to the MATERIAL BODY, and SOUL's purpose of SELF-REALIZATION is not attained, "SOUL must continue to form EGO", by acquiring the body till the CYCLE OF BIRTH AND DEATH is severed by reaching the higher self and merging with higher entity aka BRAHMAN and the SOUL can only do this if it free's the material form or a BEING from the fetters of the material world in the form of food, clothing, and shelter and for that material form must acquire the "**professional ambition and excellence" so that it can sustain the material body in the best way possible.**

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.**QUESTION 2 ANSWERED**

Now Monks, **Coming to the second question on Kartavya bodh, and if you are NOT THE DOER OR KARTA, then why anxiety about duties especially Regarding parenting or future of the children?**

Here Monks, based on the several birth cycles and GUNA that have been accumulated by the SOUL which is the REAL DOER, accumulate the SOUL has accumulated as many MATERIAL BONDS or FETTERS that tie the MATERIAL BODY to this BHYAV SAMSARA, and then the MATERIAL BODY MUST FULFIILL the RESPONSIBILITIES that are TIED to the material form and the LAWS OF THIS MATERIAL WORLD.

Monks, A BEING has the choice NOT to MARRY, and NOT GET TIED to anxieties of the future of children, if this BEING has collected the GUNA over the past birth cycles by understanding that all the MATERIAL BONDs that he accumulates are a FETTER that binds him to the BHAV SAMSARA, and therefore a true YOGI, by the fate of his GUNA and KNOWLEDGE accumulated over several births, DOES NOT MARRY and does not TIE himself to the fetters or binding of the bhava samsara.

For Monks, once the FETTERS are collected in this material form, then one is responsible to them as per the LAW OF KARMA, the LAW OF the LAND, or LAW OF THE MATERIAL world, and then the SOUL is forced to spend as much time first to get released from these FETTERS of the material world collected by the IGNORANCE of this MATERIAL FORM due to desires and aversion and delusion (I, ME, MINE) and clinging.

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So Monks, Letting go of the FETTERS OF THE MATERIAL WORLD is in your own interest so that the DOER aka this SOUL is free to pursue the goal of SELF REALIZATION without any resistence.

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The CONFUSION about, "Is the CONSCIOUSNESS LOCALISED", ?-Feb-12-2024

Monks;

Elements of the SOUL (portion of BRAHAMN aka PURUSH, SOUL-CONSCIOUSNESS, GUNA'S (Sattva, Tamas, Rajas), INNER VISION)

There is SOUL- CONSCIOUSNESS and then there is BODY CONSCIOUSNESS.

The CAUSAL FORM aka SOUL aka SOUL- CONSCIOUSNESS Drives the BODY CONSCIOUSNESS aka BEING, therefore SOUL is the DOER.

The Material body aka a BEINGS, although exists in the FORM=5' Earth elements', is STILL VISIBLE TO THE SOUL or the INNER VISION as NO-SELF with FORM=No-SELF aka 'elements of the SELF' (Form, feeling, perceptions, reactions, **CONSCIOUSNESS)**

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Monks,

THIS BODY is comprised of several organs, and these ORGANS EXIST in MATERIAL FORM AS WELL AS 'NO-SELF" FORM, as SOUL can only feel the presence of MATERIAL BODY as NO-SELF form, i.e. this body continues to PROJECT it as No-SELF form to the SOUL, where SOUL-CONSCIOUSNESS receives the total material CONSCIOUSNESS and this SOUL-CONSCIOUSNESS along with supplied no-self-material-CONSCIOUSNESS continues to be felt as MIND to the INNER VISION. MIND aka SOUL-CONSCIOUSNESS , is AGGREGATE OF TOTAL CONSCIOUSNESS collected from MATERIAL-FORM in the NO-SELF form, as that is the only way SOUL can access the MATERIAL CONSCIOUSNESS.

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Monks;

HEART exists as HEART BODY in Material Form (5 Earth Elements)
HEART ALSO exists as HEART BODY in NO_SELF Form (5 KHANDA'S or 5 elements of SELF for HEART as FORM, Feelings, Perception, Volitional acts, CONSCIOUSNESS)

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STOMACH exists as STOMACH BODY in Material Form (5 Earth Elements)
STOMACH ALSO exists as STOMACH BODY in NO_SELF Form (5

KHANDA'S or 5 elements of SELF for STOMACH as FORM, Feelings, Perception, Volitional acts, CONSCIOUSNESS)

.

HEAD exists as HEAD BODY in Material Form (5 Earth Elements)

HEAD ALSO exists as HEAD BODY in NO_SELF Form (5 KHANDA'S or 5 elements of SELF for HEAD as FORM, Feelings, Perception, Volitional acts, CONSCIOUSNESS)

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And So On.

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Monks, why is there confusion that CONSCIOUSNESS CAN NOT BE LOCALISED?

There are millions and zillions of entities that exist and are seen by 6 sense media aka 'a BEING', **ARE not they separate entities on their own, having their own, INDIVIDUAL existence?**

And if these millions and zillions of entities have an INDIVIDUAL existence, then there has to be the concept of localization.

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Consider the example of iPHONE or ANDROID Phone Hardware as a BODY, iPHONE and Android backend software as DEFAULT CONSCIOUSNESS, and other Software and Apps collected/stored on it as ADDED CONSCIOUSNESSES over the life cylce of this PHONE BODY, and then Monks, who is the OPERATOR of this HARDWARE BODY aka Iphone or Android Phone?

This very HUMAN-BEING aka NAME-FORM aka NAME-FORM-CONSCIOUSNESS is the OPERATOR of the PHONE BODY along with the default and collected CONSCIOUSNESS.

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So Monks, other Software and Apps collected/stored on the PHONE BODY are ADDED CONSCIOUSNESSES over the life cylce of this PHONE BODY, ARE THEY NOT STORED ON THE BODY OF the HARDWARE PHONE DEVICE?

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Now let us prove this by example in the case of HUMAN BEINGS aka NAME-FORM-CONSCIOUSNESS;

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There is this HUMAN BODY in material form with FORM= 5 Earth ELEMENTS, with DEFAULT CONSCIOUSNESS supplied to the body during the birth, and then there are ADDED CONSCIOUSNESSES collected over the life cycle of this body, 'EDUCATION CONSCIOUSNESS', 'RELATIVES CONSCIOUSNESS', 'FRIENDS CONSCIOUSNESS', WORK CONSCIOUSNESS, HOBBIES CONSCIOUSNESS and so on, and these are collected as NO-SELF with FORM= 5 KHANDA'S or as No-SELF elements of SELF(Form, feelings, perceptions, volitional acts, CONSCIOUSNESS), and monks, **here No-SELF means, what can only be SEEN by the INNER VISION or MIND's eye and can not be seen by 6 sense material media-**

.

And Monks, where is this INNER VISION LOCALISED? The INNER VISION is LOCALISED as part of the SOUL along with its GUNA'S and the "Inner vision", and also along with the STRONG CONSCIOUSNESSES collected from the material consciousnesses during its life cycle.

Elements of the SOUL (portion of BRAHAMN aka PURUSH, SOUL-CONSCIOUSNESS, GUNA'S (Sattva, Tamas, Rajas), INNER VISION)

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And now monks let's come to the final step of the TEST:

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If there was a BEING who upon seeing a DOG develops FEAR aka FEAR CONSCIOUSNESS, and due to the symptoms of FEAR he sees CHILLS across several parts of the BODY, this MATERIAL BODY at few specific locations on the body parts. These are the PLACES on the body parts where CHILLS are SEEN and FELT during the seeing of a DOG, and also these are the PLACES where the 'FEAR CONSCIOUSNESS' has taken STORAGE. The

FEAR CONSCIOUSNESS, although experienced by the 6 sense media, has specific locations, where they are STORED ON THE MATERIAL BODY and are ACTIVATED UPON SIMILAR Interaction again in the future when seeing the DOG, he feels chills exactly at the same place again based on the intensity of FEAR-CONSCIOUSNESS, the localized storage of FEAR may be felt more or less.

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Is not the SENSUAL DESIRE localized in the case of MALE and FEMALE Differently? It is because respective sensual-desire-CONSCIOUSNESSES are STORED on specific body parts differently in the case of males and females in different ways.

Now imagine, if you have SENSUAL DESIRE STORAGE ON the MALE BODY STORED not localized to one specific organ, but is spread over several body parts as it is in the case of the FEMALE BODY, then is not this the case of the MALE BODY behaving and experiencing the SENSUAL DESIRE as if he were a FEMALE BODY?

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YES, MATERIAL - CONSCIOUSNESS is LOCALISED and is STORED IN RESPECTIVE BODY PARTS LOCATIONS. although what is MATERIAL-CONSCIOUSNESS can only be felt as NO-SELF i,e, can only be seen by the MIND or the INNER VISION of the SOUL.

SOUL- CONSCIOUSNESS on the other hand is NO-SELF, can only be discerned as per the process of NIBBANA and SELF-REALIZATION.

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How and WHY to observe SENSATIONS aka CONSCIOUSNESS

'exactly at the CONTACT'/

Or simply Observe the "CONTACT" of sensations with the

body part, in the case OF BODY SENSATIONS?- Feb-12-2024

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MONKS; Learning to **MEDITATE AT 'CONTACT' is the RESOLUTION OF ALL BODY SENSATION aka SENSATION-CONSCIOUSNESSES.**

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Monks;

It has been verified and already informed by the blessed one to OBSERVE the BODY SENSATIONS aka BODY-CONSCIOUSNESSES with observation that OBJECTIVE and combined with EQUANIMITY or NO-REACTION whatsoever.

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Monks, Mental content or Mind is no-self so it's void, empty, animated images, an illusion, and without any substance and so letting go of mental content (anxiety, fear, depression, etc) or mind is an easy process.

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But Monks; BODY SENSATIONS are causing the MISERY in REAL TIME and so they must be observed differently.

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Here, as I continue to move towards SELF REALIZATION and as I see the REALITIES of mind-matter becoming open as the days pass by, as part of my learning and experiences, for which I observe sensations and mental contents along with the PHENOMENON of the daily life 24/7, maintaining objective observation throughout, alert to every new enlightenment I come across and as I put it to TEXT FORMAT immediately upon understanding of a specific concept or a phenomenon, I have discovered following when it comes to observing the BODY SENSATIONS;-

.

Monks, It is NOT EASY to observe body sensation for a LONG TIME, in the form of PAIN-CONSCIOUSNESS, ITCH-CONSCIOUSNESS, CUT-CONSCIOUSNESS, and so on as the misery that is being felt is in real-time although the misery-CONSCIOUSNESS as being felt is NO-SELF; and another reason is that, observing the SENSATION for long time does take away EQUANIMITY FACTOR eventually and then one is forced to REACT and thus INTENSIFY THE SANKHARA or misery-CONSCIOUSNESS.

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Monks, Every SENSATION being felt at a body part is "felt like BUBBLES/Vibrations exactly at the CONTACT", where SENSATIONS ARE MAKING "CONTACT" WITH THE BODY Part, and only BEYOND THIS CONTACT Point they are felt as different labels like 'PAIN/ITCH/CUT, Tingling pain, etc), What I mean to say is that **ALL THE SENSATIONS AT**

THEIR CONTACT POINT with the body part, are the same i.e. in the form of bubbles or vibrations.

.

Hence, I have concluded that one MUST SIMPLY IGNORE THE SENSATIONS, and instead use the specific sensation as a PATH to reach their exact arising location aka 'CONTACT', "and then ONE SIMPLY OBSERVES THE CONTACT", as it is very easy to observe the bubbles or vibrations like arising of sensation exactly at their contact, and then one can easily maintain their EQUANIMITY and OBJECTIVE OBSERVATION for a long time, till the sensations are mellowed or subdued.

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MONKS; MEDITATING AT CONTACT is the RESOLUTION OF ALL BODY SENSATION aka SENSATION-CONSCIOUSNESSES.

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How a TRUE YOGI leaves this WORLD "AT WILL",

to NEVER RETURN (no re-birth)- Feb-12-2024

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A SADHAK must read and understand my POST on HOW TO "MEDITATING ON BODY SCAN to resolve kinds of MIND/Mental issues [11-July-2023]"

Also please read my blog post, How to CLEANSE CONSCIOUSNESS that is PAST/ PRESENT and FUTURE? Last Updated: July, 24-2023

Also please REad my post on How and WHY to observe SENSATIONS aka CONSCIOUSNESS 'exactly at the CONTACT'/ Or simply Observe the "CONTACT" of sensations with the body part, in the case OF BODY SENSATIONS?- Feb-12-2024

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Monks, the following TEXT, is not intended to show the way to commit SUICIDE, but to inform all those who DO NOT INTEND TO PARTICIPATE IN THE ILLUSIONARY WORLD OF MIND AND

MATTER and material world, and are looking to EXIT the ILLUSION that is "this BHAV SAMSARA",

.

If a SADHAK commits a SUICIDE, he is SURE TO be RE-BORN again as there is NO EXIT from the BHAV SAMSARA unless all the CONSCIOUSNESSES are CLEANSED and are devoid of DESIRES/AVERSIONS/DELUSIONS and CLINGING in any form which is the REQUISITE-CONDITION for the RE-BIRTH of CONSCIOUSNESSES that must again acquire the BODY, that is finally acquired by the SOUL, or a JOURNEY OF SOUL never ends till it has CLEANSED all the CONSCIOUSNESSES acquired through MIND-MATTER and during the interaction with worldly interactions or PHENOMENON.

.

A Yogi or a MONK having understood the ILLUSION OF THE MATERIAL WORLD, who does wish to participate in it, can choose to EXIT the BHAV SAMSARA in the following ways, never to RETURN or be Born Again;

.

Monks, this path to exit the BHAV SAMSARA is traveled just like a SNAKE, who wishes to end his life and goes to seclusion and does not eat or drink water or anything until it perishes. But in the case of BEINGS, all the CONSCIOUSNESSES that are acquired due to present or past births must be CLEANSED, to leave this MATERIAL WORLD for the good, never to return or take a RE-BIRTH again.

.

Monks; Having decided to QUIT THIS WORLD in true yogic ways, never to RETURN, where RE-BIRTH is not possible, a Monks goes through the following STEPS:-

1) Having secluded himself from the MATERIAL WORLD, he chooses his secluded place and discerns life as follows,

2) That, he says, he has understood the never-ending life cycle of birth-misery aka sufferings-death, and therefore he is sure and he does not want to become a scapegoat of this material world and get trapped in this bhav samsara again and again.

3) He understands the futility of living in the material world, which is full of suffering, and wishes to cleanse all his CONSCIOUSNESSES as he moves towards the DEATH of this BODY.

4) HE RELINQUISHES all his DESIRES/AVERSIONS/DELUSION of owning or becoming (I, me MINE)/ and CLINGING towards anything related to the WORLD of mind and matter and this material world.

5) He surrenders all his desires/ KARMA to the ultimate reality that is this universe or God and does not wish anything in return.

6) He relinquishes FOOD and WATER that was required to nourish and keep alive his body.

7) HE NOW, PERFORMS "VIPASSANA BODY SCAN", TILL THE DEATH OF THIS BODY as follows-

6) He continues to perform a vipassana body scan by meditating on CONTACT, as soon sensations of hunger, thirst, pain, itch, etc arise and are felt on body parts.

7) When harassed by mental contents like anxiety, fear, depression, anger, stress, and so on, He continues to perform a vipassana body scan seeing all mental content as void but observing their effect on the body by meditating on CONTACT.

.

As he continues to perform body scan, CONSCIOUSNESSES that are PAST and PRESENT come to the surface and continue to make their presence felt, so that they can be observed with equanimity and cleansed out permanently.

.

8) He continues to perform a vipassana body scan, moving his inner vision over EVERY INCIDENT that is felt on his body part due to quitting food and water.

9) a TRUE YOGI applies OBJECTIVE OBSERVATION [detached observation, seeing every arising sensation or CONSCIOUSNESS as a separate entity, not mine], and EQUANIMITY [no reaction] while observing every incident that is being felt on body part due to relinquishing of FOOD and WATER.

10) a TRUE YOGI applies OBJECTIVE OBSERVATION and EQUANIMITY while observing every incident that is being felt on body part due to

relinquishing of FOOD and WATER and his body has attained death of the body finally.

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MORE NOTES: VIPASSANA body scan meditation to cleanse CONSCIOUSNESSES:

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A SADHAK must read and understand my POST on HOW TO "MEDITATING ON BODY SCAN to resolve kinds of MIND/Mental issues [11-July-2023]"

Also please read my blog post, How to CLEANSE CONSCIOUSNESS that is PAST/ PRESENT and FUTURE? Last Updated: July, 24-2023

Also please **How and WHY to observe SENSATIONS aka CONSCIOUSNESS 'exactly at the CONTACT'/ Or simply Observe the "CONTACT" of sensations with the body part, in the case OF BODY SENSATIONS?- Feb-12-2024**

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Note on INSIGHT MEDITATION OR VIPASSANA body scan meditation:

VIPASSANA body scan meditation:, is the TOOL we use to ERADICATE ALL mental and physical DEFILEMENTS or SANKHARA as they are called in ancient PALI language, that has taken residence in our mind and body on account of IGNORANCE. Here IGNORANCE means, when one WAS NOT an OBJECTIVE OBSERVER and WHEN ONE does not SHOW EQUANIMITY and reacts out of craving or aversion or delusion concerning thoughts and phenomena, which results in fabrication or formations i.e., SANKHARA or MENTAL DEFILEMENTS.

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In General; During the INSIGHT MEDITATION/Vipassana body scan method to observe SENSATIONS/Feelings on the body, the following example shall be applied to observe sensations and feelings:-.

Just as, "when walking on hot coals, one must walk swiftly without pausing even for a second, and if one keeps the feet on burning hot ash/coals even for a seconds pause, there is a chance of feet getting burnt, similarly one

who observes sensations with inner vision moving over the sensations on affected body part, one must not pause even for a second on sensations, but they must keep their inner vision moving over the sensations being felt, slowly and swiftly, moving slowly within inflicted area of body part affected by the sensations.

.

AND; when no sensations are found, one then simply continues to scan the body from top head to bottom feet [including hands], and as soon as sensations are felt on any part of the body then one must then jump to scan the afflicted body part, moving their inner vision slowly and swiftly over sensations within the inflicted area of body part, making sure not to pause their inner vision even for a second on sensations. This is repeated till the sensations have mellowed down, and ALSO, make sure to ALWAYS start the body scan from un-inflicted body part to the inflicted body part with sensations - again back to an un-inflicted body part when walking mind's eye or inner vision to scan for body sensations.

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VIPASSANA BODY SCAN is performed through inner vision or mind’s eye from top head to bottom feet, covering every inch of body part through mind’s eye, moving top to bottom, bottom to top, sideways top to bottom, sideways bottom to top, inch by inch initially, and then doing quick multiple QUICK sweeps in similar manner, top to bottom, bottom to top, sideways top to bottom, sideways bottom to top.

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The MEANING OF "EGO" aka 'EGO CONSCIOUSNESS' - Feb-13-2024

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Monks;

There is a NEED to explain the meaning of "EGO",

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EGO is NOT what common beings think of when they show off their wealth or they show off their status etc;

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EGO In SPIRITUAL TERMS means, there is a SELF RECORD in the form of elements of SELF (Form, feelings, perception, reactions, and CONSCIOUSNESSES), that is created specifically for the PHENOMENON where a BEING takes HOLD of that PHENOMENON by the "TEXT LABEL";

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For example, WHEN A SOUL acquires the HUMAN BODY, it's an EGO that is created as elements of the SELF that constitute the RECORD of acquiring a BODY by the SOUL, thus this EGO describes the HOLD of the SOUL on human-body. This EGO is broken only after the death of the body and soul having lost that EGO looks for a new body as part of its journey towards SELF-REALIZATION and NIBBANA.

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Similarly, several EGO leaves are created during the LIFE CYCLE of a "human being" aka MATERIAL_CONSCIOUSNESSES;

.

ALL EGO ARE "CONDITIONED CONSCIOUSNESSES", CONDITIONED by (I- 'This is What I want to become', Me- 'This is who I am', Mine- 'This belongs to me- taking ownership')

1)

'NAME-FORM', or a SPECIFIC NAME, that is given to the BEING, is an "EGO", with elements of SELF, where a NAME-FORM-CONSCIOUSNESSES addresses a BEING

2)

A BEING can also have a Nick Name as "another leaf of EGO", created which addresses the NICKNAME created as elements of SELF that constitute name-form-nick-name-CONSCIOUSNESSES

3)

Similarly, one can have elements of SELF for an EGO in the form of a 'manager', a CEO', 'a Prime Minister', 'a SOFTWARE ENGINEER" and so on.

4)

A being collects several EGOs during his life cycle and an EGO constitutes SPECIFIC-EGO-CONSCIOUSNESSES that define the purpose of that EGO as a record of self elements that become part of the CONSCIOUSNESSES collected over the life cycle of a human being.

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Monks;

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ALL EGO ARE "CONDITIONED CONSCIOUSNESSES", CONDITIONED by (I- 'This is What I want to become', Me- 'This is who I am', Mine- 'This belongs to me')

And as per law of the nature, any CONSCIOUSNESSES that is conditioned, shall continue to arise and cease from time to time, and cause suffering whenever this consciousness is challenged in any form, till it has been resolved to 'neutral or blissful' by letting go of any attachment or clinging to EGO-CONSCIOUSNESS.

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Monks, When a SOUL acquires a HUMAN BODY, it immediately forms an EGO declaring the HUMAN BODY to be its OWN (Mine), and thus monks, this SOUL-EGO is also CONDITIONED, CONDITIONED by 'This Human Body is What 'I' am, This Human Body is MINE)

.

When a BEING acquires a 'NAME-FORM', means the elements of SELF, created for this EGO-NAME-FORM are CONDITIONED BY (I, me, MINE) aka 'This is My Name'

.

A NAME-FORM, when collects CONSCIOUSNESSES in the form of learning of subjects of 'MATHEMATICS', records the 'EGO-MATHEMATICS' as several elements of SELF, and so monks, this EGO is conditioned by 'learning of MATHEMATICS'.

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When a NAME-FORM collects 'WORK CONSCIOUSNESSES' and is designated as 'CEO', or 'Associate partner' or say 'MANAGER', then the elements of SELF, created for the EGO-CEO or EGO-Associate partner or EGO_MANAGER is recorded as several elements of SELF, and so monks, this EGO is conditioned by 'EGO-DESIGNATION'

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And Monks, What is the RESOLUTION OF EGO?

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Always Practicing Letting go of DELUSION in the form of (I, ME, MINE), a Monks continue to PROTECT HIMSELF from the BINDINGS and FETTERS of 'an EGO', he remains DETACHED from the EGO, knows that this EGO is IMPERMANENT and subject to CHANGE, a SUFFERING, and NO-SELF.

.

Monks, EGO formed is an 'EGO CONSCIOUSNESSES', and once this consciousness is challenged in ANY FORM, or when this EGO-CONSCIOUSNESSES CHANGES as it is of Impermanent nature, a BEING feels distressed upon any challenge or CHANGE to this EGO CONSCIOUSNESSES, and hence a true yogi or a monk knows that all EGO are CONDITIONED if a BEING FORMS A CLINGING to them in the form of (I, me, MINE), and thus, 'EGO CONSCIOUSNESSES' are subjected to distress and suffering, and hence to avoid any sufferings related to EGO CONSCIOUSNESSES, a Monk, lets go of ANY ATTACHMENT or CLINGING to any of the EGO CONSCIOUSNESSES, does not consider himself to be that EGO, knows that this is the EGO-CONSCIOUSNESSES he has collected during the life cycle and thus he is not the EGO and lets go of all form of attachment or grasping concerning the EGO.

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MATERIAL-CONSCIOUSNESSES and EGO CONSCIOUSNESSES -

SOUL is an aggregate of MATERIAL-CONSCIOUSNESSES PLUS

EGO CONSCIOUSNESSES - Feb-14-2024

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Monks;

EGO is not what common beings think of when they show off their wealth or they show off their status etc;

There is a MATERIAL-CONSCIOUSNESSES and then there is an EGO CONSCIOUSNESSES.

The CAUSAL FORM aka SOUL is the aggregate of MATERIAL-CONSCIOUSNESSES PLUS EGO CONSCIOUSNESSES, where EGO CONSCIOUSNESSES is what is COLLECTED OVER THE LIFE CYCLE OF THE HUMAN BODY aka BEING.

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WHEN A SOUL acquires the HUMAN BODY, it is an EGO-CONSCIOUSNESSES, that is first created as elements of SELF that constitute the RECORD of acquiring a BODY by the SOUL, thus this EGO describes the HOLD of the SOUL on human-body.

Also, STRONG EGOs, or EGO-CONSCIOUSNESSES, collected from the past birth become part of this new experience of the SOUL with the newly acquired human form aka body.

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MATERIAL CONSCIOUSNESSES aka 6 sense media CONSCIOUSNESSES including the body organs like HEART-CONSCIOUSNESSES, KIDNEY-CONSCIOUSNESSES, EYE-CONSCIOUSNESSES and so on, all the body parts, are reflected/RELAYED back to the causal form aka SOUL or SOUL's Inner vision aka MIND as NO-SELF, i.e. entire existence of this MATERIAL FORM aka BODY is felt or reflected or relayed back as NO-SELF or as a MIND, to the inner vision of the SOUL.

What this means is that this REFLECTION OF THIS material body is arising and passing away every 1/100000 of the second and is reflected or relayed back as NO-SELF to the SOUL's inner vision as a MIND. The itch you feel, the pain you feel, the anxiety that is felt by the material form aka this human body, etc, is REFLECTED or relayed back to the SOUL as MATERIAL CONSCIOUSNESSES as No-SELF aka MIND,

.

EGO In SPIRITUAL TERMS means, there is a SELF RECORD in the form of elements of SELF (Form, feelings, perception, reactions, and CONSCIOUSNESSES), that is COLLECTED BY A SOUL through MATERIAL CONSCIOUSNESSES aka 6 sense media of a BEING, created specifically from the interactions with the PHENOMENON during the life cycle of MATERIAL BODY aka BEING through 6 sense media of the material body, where a BEING takes HOLD of those sense impression collected through 6 sense media, INTERACTIONS recorded as elements of SELF and further recognized as the "TEXT LABEL";

.

Several EGO leaves are created during the LIFE CYCLE of a "human being" aka MATERIAL_CONSCIOUSNESSES;

.

1)

'NAME-FORM' or a SPECIFIC NAME that is given to the BEING, is an "EGO", with elements of SELF where a NAME-FORM-CONSCIOUSNESSES addresses a BEING

2)

A BEING can also have a Nick Name as "another leaf of EGO", created which addresses the NICKNAME created as elements of SELF that constitute name-form-nick-name-CONSCIOUSNESSES

3)

Similarly, one can have elements of SELF for an EGO in the form of a manager", a CEO', a Prime Minister', a SOFTWARE ENGINEER" and so on.

3)

A being collects several EGOs or EGO-CONSCIOUSNESSES (education-CONSCIOUSNESSES, work-CONSCIOUSNESSES, freinds-consciousnesses and so on) during his life cycle and an EGO constitutes specific-EGO-CONSCIOUSNESSES that defines the purpose of that EGO as a record of self elements that become part of CONSCIOUSNESSES collected over life cycle of a human being.

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Thus MONKS, SOUL, or CAUSAL FORM is an aggregate of MATERIAL-CONSCIOUSNESSES PLUS EGO CONSCIOUSNESSES is ESTABLISHED here.

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BRAIN DEATH v/s No-SElf v/s NUTRIENTS that keep the CONSCIOUSNESSES ALIVE - Feb -15-2024

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Monks;

"BRAIN **PERCEIVES"**

Brain-CONSCIOUSNESS aka BRAIN, as one of the sense media of a BEINGS, "PERCEIVES";

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Brain consciousness PERCEIVES the existence of the HEART as one of the body ORGAN of a BEING

Brain-CONSCIOUSNESS PERCEIVES the existence of the STOMACH as one of the body ORGAN of a BEING

Brain-CONSCIOUSNESS PERCEIVES the existence of EYES as one of the body ORGAN of a BEING

Brain-CONSCIOUSNESS PERCEIVES the existence of FACE as one of the body ORGAN of a BEING

Brain-CONSCIOUSNESS PERCEIVES the existence of HEAD as one of the body ORGAN of a BEING

.

Brain-CONSCIOUSNESS PERCEIVES the existence of THIRST as one of the SENSATIONS BEING FELT BY A BEING

Brain consciousness PERCEIVES the existence of PAIN as one of the SENSATIONS BEING FELT BY A BEING

Brain-CONSCIOUSNESS PERCEIVES the existence of ITCH as one of the SENSATIONS BEING FELT BY A BEING

.

Brain consciousness PERCEIVES the existence of FEAR as one of the SENSATIONS BEING FELT BY A BEING

Brain-CONSCIOUSNESS PERCEIVES the existence of THOUGHTS as the MENTAL CONTENTS BEING FELT BY A BEING

Brain-CONSCIOUSNESS PERCEIVES the existence of DEPRESSION as the MENTAL CONTENTS BEING FELT BY A BEING

Brain-CONSCIOUSNESS PERCEIVES the existence of ANGER as the MENTAL CONTENTS BEING FELT BY A BEING

and so on.

.

Monks WHATEVER the BRAIN PERCEIVES is REFLECTED back to the INNER VISION aka MIND of a CAUSAL FORM aka the SOUL, and thus, the mind can make itself aware of all the CONSCIOUSNESSES that are PERCEIVED BY THE BRAIN. The BRAIN or Brain-CONSCIOUSNESS of a BEING can perceive the existence of this "whole MATERIAL FORM", and thus, entire material form aka this BODY is REFLECTED back to the Inner vision aka the MIND as NO-SELF.

.

Now Monks, what happens in the case of KIDNEY FAIILURE?

In the case of KIDNEY FAILURE, The KIDNEY-CONSCIOUSNESS can not be PERCEIVED BY THE BRAIN, and hence, KIDNEY-CONSCIOUSNESS IS NOT REFLECTED BACK TO THE MIND as NO-SELF, as the existence of the dead organ cannot be perceived by the Brain-CONSCIOUSNESS.

.

Thus, Monks, it is ESTABLISHED that whichever BODY ORGANS or CONSCIOUSNESSES, that CANNOT BE PERCEIVED BY THE BRAIN, then those CONSCIOUSNESSES are not available to the MIND aka Inner vision of the SOUL.

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Then Monks; What HAPPENS to THE PERSON WHO IS BRAIN_DEAD or in the COMMA, although all the OTHER BODY ORGANS or sense media are functioning well?

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Monks; This a STRESSFUL SCENARIO FOR THE SOUL, which has taken hold of this material form aka the BODY, and since the BRAIN is DEAD, NO CONSCIOUSNESSES are REFLECTED BACK TO THE INNER VISON aka MIND, and thus, SOUL continues to REMAINS in the LIMBO, without any WORK TO DO, as, till the DEATH OF THE BODY, a SOUL cannot be released from the CYCLE OF THE BHAV SAMSARA of the PRESENT MATERIAL FORM or life of this body.

.

Therefore Monks, those people, who suggest keeping BRAIN-DEAD-PERSON ALIVE, are CAUSING stressful situations for the SOUL, which can not be released to take hold of a new body to complete its work of reaching the higher SELF and merge with the higher entity aka BRAHMA.

.

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And What are the NUTRIENTS that KEEP MATERIAL CONSCIOUSNESS ALIVE with misery?

And What are the NUTRIENTS that KEEP NO-SELF CONSCIOUSNESSES aka "EGO-CONSCIOUSNESSES or FABRICATIONS: collected over the life cycle of a BEING, ALIVE with misery?

.

Monks, Food is the NUTRIENT that keeps the MATERIAL CONSCIOUSNESS ALIVE and thus is forced to deal with the misery of life during its life cycle.

Similarly monks, **CONDITIONED CONSCIOUSNESSES or "EGO-CONSCIOUSNESSES or FABRICATIONS", afflicted or CONDITIONED by "craving/aversion/Delusion of I, ME, MINE and CLINGING" are the NUTRIENTS that keep the "EGO-CONSCIOUSNESSES or FABRICATIONS" alive with the misery.**

.

Letting go of FOOD shall perish the MATERIAL FORM aka the BODY.

Transcending the MIND-BODY-PHENOMENONS, CLEANSING the CONSCIOUSNESSES from craving/aversion/Delusion of I, ME, MINE, and CLINGING through VIPASSANA BODY SCAN shall bring the EGO-CONSCIOUSNESSES or FABRICATIONS to NEUTRAL or Blissful.

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At the TIME OF IMMINENT DEATH AND KRISHNA CONSCIOUSNESS - Feb-17-2024

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Monks;

It has already been established, that ATTENTION TO THE PRESENT MOMENT CONSCIOUSNESS is what TAKES the PRIME ATTENTION of your inner vision and which may decide whether you are in a misery mode or "blissful or neutral mode".

.

Now, it has also been established, that SHIFTING THE ATTENTION EXPLICITLY to the CONSCIOUSNESS of type Blissful or NEUTRAl shall SUBDUE all the other CONSCIOUSNESSES that are otherwise trying to take your attention.

.

Thus Monks;

Fear is a "FEAR CONSCIOUSNESS", PAIN is "PAIN CONSCIOUSNESS", and in the same way Monks, coming of imminent DEATH may bring along with it various types of CONSCIOUSNESSES that arise during the DEATH PROCESS.

.

Let's say for example, -

There is "**DEATH by HANGING**", and if one undergoing "the DEATH by HANGING", were to attend to the CONSCIOUSNESSES that arise during the HANGING PROCESS, one is sure to feel the torture and misery that come along with attending to various CONSCIOUSNESSES that arise due to the HANGING TILL the DEATH PROCESS.

.

In another example, if one is being murdered by a "**DEATH BY SUFFOCATION PROCESS**", stopping all the breath, restricting the respiratory function of breath to make him die, even in this case, if one were to attend to the CONSCIOUSNESSES that arise during the "**DEATH BY SUFFOCATION PROCESS"**, one is sure to feel the torture and misery that comes along with attending to various CONSCIOUSNESSES that arise due to the SUFFOCATION or TILL the DEATH PROCESS by suffocation of the breath.

.

Or say, THERE is a IMMINENT NATURAL DEATH one is witnessing,

;

;

In all the ABOVE EXAMPLES Monks, it is RECOMMENDED TO EXPLICITLY SHIFT THE ATTENTION TO the CONSCIOUSNESS that is BLISSFUL or NEUTRAL and in this case, SHIFTING THE ATTENTION TO THE CHANT WORD OF "RADHE", "HARE KRISHNA" or "HARE KRISHNA MANTRA", during the imminent death process shall help the one, ALLEVIATE THE MISERIES that would otherwise be felt if the attention was shifted to various CONSCIOUSNESSES that are miserable that come along with the death process.

.

HENCE, MONKS, YOU MUST MAKE IT A PRACTICE TO CHANT "RADHE RADHE", "HARE KRISHNA" or the "HARE KRISHNA MANTRA" and that shall save you all the miseries during the IMMINENT DEATH PROCESS, where one shift his attention to the chant words knowing well that there is NO EXIT from death and one must face the death by explicitly shifting attention to the CONSCIOUSNESSES that are blissful or neutral.

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If we are a BRAHMAN, why are we IGNORANT ABOUT IT? - Feb-21-2024

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□□, □□□□□□,□□□□□,□□□□□□ are the elements of the SOUL aka □□□□□
.
Inner vision, wisdom, consciousness, and EGO are the elements of the SOUL
.
Inner vision (□□), wisdom- prakriti aka (□□□□□□- rajas,tamas,sattva gunas),;mind □□□□□)aka total consciousness reflected from material form, soul through one of the EGO (□□□□□□) has acquired the hold of body aka material form, Are the Elements of the SOUL aka □□□□□

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Monks;

We are NOT BRAHMAN aka the highest entity, we are a PORTION of BRAHMAN aka SOUL with an acquired human body.

.

Let's see the Order of the Flow:-

1-

BRAHMAN - with its BRAHMAN-consciousness with its INNER VISION [BRAHAMN-MIND]

2-

SOUL aka portion of a BRAHMAN, along with its own SOUL-consciousnesses and inner vision (SOUL's-MIND), and GUNAS (Prakriti, RAJAS, TAMAS, SATTVA)

[SOUL-consciousness IS again REFLECTED back to the BRAHMAN-consciousness]

3-

SUBTLE FORM- Body aka MATERIAL FORM has its DEFAULT LOCALISED MATERIAL-consciousnesses that come with the BIRTH, and the consciousnesses that it acquires in the form of EGO aka EGO-consciousness during its KARMA life cycle.

[MATERIAL-consciousnesses + EGO-consciousness are again REFLECTED back to the SOUL-consciousness and are visible to the witness entity aka soul's inner vision as the MIND]

4-

GROSS FORM- BODY (MAterial form with 5 Earth Elements)

.

The portion of BRAHMAN as an ELEMENT OF the CAUSAL BODY aka the SOUL that ACQUIRED THE HUMAN BODY has to be REALIZED only through SELF-REALIZATION.

After the BODY WAS Born, it was acquired by the SOUL aka portion of a BRAHMAN along with its own consciousness and inner vision (mind), and GUNAS (Prakriti)

.

Now Body aka MATERIAL FORM has its own DEFAULT consciousnesses that came along with the BIRTH, and the consciousness

that it acquires in the form of EGO aka EGO-consciousness during its life cycle.

"NAME-FORM aka NAME", of a BEING is an acquired consciousness collected after it was born and exists as "EGO aka **NAME-FORM-EGO-consciousness**",

'FABRICATION in the form knowledge of MATHEMATICS" is an acquired consciousness collected after it was born and exists as "EGO aka **MATHEMATICIAN-EGO-consciousness**",

and so on.

.

Thus Monks, here now we have total MATERIAL consciousnesses belonging to the HUMAN FORM, and SOUL already has its own consciousnesses that it has brought from previous birth cycles.

The Causal form aka SOUL on acquiring a human body has also created an EGO-consciousness that defines the HOLD of the SOUL to this BODY which shall remain till the death of this BODY.

.

Now, Monks, BRAHMAN is the portion of SOUL-consciousnesses and can be realized only when SOUL is free from the ASSAULT coming from the afflicted or CONDITIONED MATERIAL-consciousnesses.

Consciousness’s are said to be Afflicted when they are CONDITIONED by craving/aversion/delusion (I, me, Mine), and clinging and such types of consciousnesses keep the SOUL busy and away from SELF REALIZATION.

.

If SOUL consciousness is CLOUDED by MATERIAL consciousnesses, then SOUL is not able to see or REALIZE its existence, as it is busy with MATERIAL-consciousnesses that are Afflicted and cause misery to such an extent that SOUL has just forgotten that: "I am not the MATERIAL FORM and that SOUL has its OWN existence"

.

Only when MATERIAL consciousnesses are CLEANSED of their affliction, and one has transcended Mind-Body-and Phenomenon aka material consciousnesses in all forms, SOUL is then able to REALIZE itself and then

carry on with the purpose of NIBBANA and finally merge with higher SELF that is BRAHMA.

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Thus ignorance about BRAHMAN aka SOUL can be only removed, once MATERIAL - consciousness’s are cleansed and transcended as suggested in previous blog posts [Please read, HOW TO CLEANSE consciousness’s post]

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Consciousnesses and its CARRIERS/ - Feb-22-2024 // Is BRAHMAN aka GOD aka UNIVERSE aware of consciousness’s of the WORLD in total?

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Monks;

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Let's see the Order of the Flow:-

1-

BRAHMAN - with its BRAHMAN-consciousness with its INNER VISION [BRAHMAN-MIND]

2-

SOUL aka portion of a BRAHMAN, along with its own SOUL-consciousnesses and inner vision (SOUL's-MIND), and GUNAS (Prakriti, RAJAS, TAMAS, SATTVA)

[SOUL-consciousness IS again REFLECTED back to the BRAHMAN-consciousness]

3-

SUBTLE FORM- Body aka MATERIAL FORM has its DEFAULT LOCALISED MATERIAL-consciousnesses that come with the BIRTH, and the consciousnesses that it acquires in the form of EGO aka EGO-consciousness during its KARMA life cycle.

[MATERIAL-consciousnesses + EGO-consciousness are again REFLECTED back to the SOUL-consciousness and are visible to the witness entity aka soul's inner vision as the MIND]

4-

GROSS FORM- BODY (MAterial form with 5 Earth Elements)

.

The portion of BRAHMAN as an ELEMENT OF THE CAUSAL BODY, aka the SOUL that ACQUIRED THE HUMAN BODY, must be REALIZED only through SELF-REALIZATION.

After the BODY WAS Born, it was acquired by the SOUL aka portion of a BRAHMAN along with its own consciousness and inner vision (mind), and GUNAS (Prakriti)

□□, □□□□□□,□□□□□,□□□□□□ are the elements of the SOUL aka □□□□□
.
Inner vision, wisdom, consciousness, and EGO are the elements of the SOUL
.
Inner vision (□□), wisdom- prakriti aka (□□□□□□- rajas,tamas,sattva gunas),;mind □□□□□)aka total consciousness reflected from material form, soul through one of the EGO (□□□□□□) has acquired the hold of body aka material form, Are the Elements of the SOUL aka □□□□□

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Now, Monks, The consciousnesses are LOCALISED in the case of MATERIAL-FORM aka "stored as ELEMENTS OF SELF" within the BODY of an Entity. But they can only be felt as REFLECTED or NO-SELF form by the HIGHER SELF aka "SOUL" in this case.

.

Now Monks, a Portion of BRAHMAN aka SOUL is the one that ACQUIRES the ENTITY whether LIVING entities like (BEINGS, Animals, Insects) or FIXED MATERIAL FORMS Like Mountains/Trees, etc, and in all cases they are REFLECTED as NO-SELF FORM to the HIGHER SELF aka "BRAHMAN" in this case.

.

Thus, Monks, MATERIAL consciousnesses of living beings, and other fixed form entities are REFLECTED BACK as NO-SELF to the INNER VISION aka MIND of the SOUL that has acquired these forms in MATERIAL FORMS or this MATERIAL WORLD.

.

In the same way, Monks, SOUL-consciousnesses aka Portion of BRAHMAN, with its consciousnesses are REFLECTED BACK as NO-SELF to the INNER VISION aka MIND of the "BRAHMAN", that has acquired these forms in SOUL or portion of BRAHMAN forms and exists in all the entities that form this material world.

.

Thus it can be said;

"SOUL", can feel TOTAL consciousnesses coming **from the "ONE material form" (Living entity and fixed entity), to which they have acquired hold,**

"**BRAHMAN**", can feel TOTAL consciousnesses coming **from** "**ALL the SOULS or portion of BRAHMAN**", as it exists for all the entities of the world in the form of the element of SELF in the form of EGO-consciousness that represents the HOLD OF A SOUL on the material form,

.

Thus it can be said that BRAHMAN aka GOD aka UNIVERSE can feel the TOTAL consciousnesses of the entire world. In contrast, a SOUL can feel consciousnesses from the ONE material form, and in both cases it is reflected or seen as NO-SELF as part of the MIND aka the Inner vision of the SOUL, and then to the Inner Vision of the BRAHAMN the highest SELF.

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CAN the CONSCIOUSNESS be CAPTURED or ACCESSED by a BEING ? - Feb-22-2024

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Monks;

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Let's see the Order of the Flow:-

1-

BRAHMAN - with its BRAHMAN-consciousness with its INNER VISION [BRAHMAN-MIND]

2-

SOUL aka portion of a BRAHMAN, along with its own SOUL-consciousnesses and inner vision (SOUL's-MIND), and GUNAS (Prakriti, RAJAS, TAMAS, SATTVA)

[SOUL-consciousness IS again REFLECTED back to the BRAHMAN-consciousness]

3-

SUBTLE FORM- Body aka MATERIAL FORM has its DEFAULT LOCALISED MATERIAL-consciousnesses that come with the BIRTH, and the consciousnesses that it acquires in the form of EGO aka EGO-consciousness during its KARMA life cycle.

[MATERIAL-consciousnesses + EGO-consciousness are again REFLECTED back to the SOUL-consciousness and are visible to the witness entity aka soul's inner vision as the MIND]

4-

GROSS FORM- BODY (MAterial form with 5 Earth Elements)

.

The portion of BRAHMAN as an ELEMENT OF THE CAUSAL BODY, aka the SOUL that ACQUIRED THE HUMAN BODY, must be REALIZED only through SELF-REALIZATION.

After the BODY WAS Born, it was acquired by the SOUL aka portion of a BRAHMAN along with its own consciousness and inner vision (mind), and GUNAS (Prakriti)

□□, □□□□□□,□□□□□,□□□□□□ are the elements of the SOUL aka □□□□□

.

Inner vision, wisdom, consciousness, and EGO are the elements of the SOUL

.

Inner vision (□□), wisdom- prakriti aka (□□□□□□- rajas,tamas,sattva gunas),;mind □□□□□)aka total consciousness reflected from material form, soul through one of the EGO (□□□□□□) has acquired the hold of body aka material form, Are the Elements of the SOUL aka □□□□□

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Monks;

CONSCIOUSNESS is a COMPLEX PROCESS, available only to the SOUL-CONSCIOUSNESS, meaning SOUL-CONSCIOUSNESS is your processor or computer that PROJECTS or makes available the millions and billions of elements of SELF that are recorded or localized at the several parts, parts within the parts, of a MATERIAL FORM.

.

CONSCIOUSNESS is accessed from the "BUNDLE OF Aggregate of SELF" aka elements of SELF that constitute that specific ENTITY, subdivided into several other entities within that ENTITY or a MATERIAL FORM.

.

So Monks, to a BEING aka this BODY in material form, the CONSCIOUSNESS is NOT available, as MATERIAL FORM is NOTHING but an AGGREGATE or a BUNDLE OF "the ELEMENTS OF SELF, collected through 6 sense media", recorded or localized to a specific organ, or an organ within the organ, but it is available to the "CAUSAL FORM" aka the "SOUL", through its SOUL-CONSCIOUSNESS process which can "REFLECT or READ BACK", ENTIRE BULK OF 'the ELEMETS of SELF" recorded or localized within a MATERIAL FORM and PROJECT IT to the "INNER VISION" aka the "MIND" in NO-SELF form, thus it can be said that MIND belongs to the SOUL and it is the SOUL that feels or projects the TOTAL CONSCIOUSNESSES as a "HOLOGRAM VIEW", being reflected the MIND from the MATERIAL-FORM as NO-SELF in the form of ANIMATED IMAGES.

.

Monks, One must clearly understand that we are NOT THIS BRAIN and BODY, but the SOUL that has ACQUIRED THE MATERIAL FORM aka this BODY with 6 sense media. What BRAIN PERCEIVES, is then sent back to the SOUL-CONSCIOUSNESS, so that it can be made available to the MIND. A BRAIN-DEAD body can not perceive and hence SOUL-CONSCIOUSNESS remains BLANK without any MIND that can experience the material form, as all the links to the material forms are broken when the BRAIN is DEAD. Such a SOUL continues to live formless avatar but is NOT YET RELEASED OF ITS EGO-CONSCIOUSNESS **that has acquired the human body, as the SOUL can only be released once the BODY IS DEAD.**

.

So therefore to say; **CAN the CONSCIOUSNESS be CAPTURED or ACCESSED? The ANSWER is "NO"**, UNLESS, YOU can ACCESS "SOUL-CONSCIOUSNESS-PROCESS" which is part of the SOUL, and then you can research "how the SOUL-CONSCIOUSNESS can collect the ENTIRE MATERIAL-FORM-CONSCIOUSNESSES by reading the elements of the SELF", and reflect those back and make them available to the inner vision aka the MIND or the SOUL-MIND.

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Meditating on chant word "ANITYA" ("ANICCA") to RESOLVE BODY SENSATIONS [Transcending Mind-Body-Phenomenon] - Feb-23-2024

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ANITYA - In SANSKRIT Language it means - IMPERMANENT status of a phenomenon or sensation or CONSCIOUSNESS. This shall PASS SOON.

ANICCA - In PALI Language it means- same as the above.

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Monks, Transcending Mind-Body-Phenomenon is an important FIRST step towards SELF REALIZATION.

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Now Monks, While Mental Contents and thoughts can be easily let go or TRANSCENDED, with the understanding that they are just images, an illusion, and similarly, phenomena or Worldly interactions are TRANSCENDED, if they are devoid of Craving/aversion/Delusin aka EGO(I,

me, mine) and Clinging during and after the interaction with any worldly objects or beings.

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But Monks, BODY SENSATIONS are a misery happening in real-time due to damage to the body part in the form of CUT, ITCH, BURN, etc and so they can be transcended only by SHIFTING the attention from CONSCIOUSNESS aka sensation that is causing us misery, to explicitly shifting the attention to CONSCIOUSNESS that is either blissful or neutral.

,

Therefore, Monks, I ask you to START MEDITATING ON ANY OF THE CHANT WORD of "ANITYA" or "ANICCA' or "HARE KRISHNA" or "RADHE RADHE", and train yourself in such a way that MERE by EXPLICITLY switching the attention to the CHANT WORD of "ANITYA" or "ANICCA" aka "WORD CONSCIOUSNESS", you are released from the present moment BODY SENSATION-CONSCIOUSNESS that is causing you the misery in the form of BODY SENSATIONS.

.

So Monks, Sitting/sleeping/walking,24/7 in the beginning, please form the habit of INNER CHANTING (chanting through the mind, inner mind chant) of the WORD 'ANITYA' or 'ANICCA', for many minutes, a few times a day, till the SADHAK is trained in such a way that, MERELY BY CHANTING the chant WORD (through mind, inner mind chant), he is relieved of the present moment body sensation that is causing the misery.

.

NOTE: A SADHAK MUST BE AWARE that, any time he CHANTS the WORD "ANITYA" or "ANICCA", ALONG WITH THE THOUGHTS and WORLDLY INTERACTIONS, then HE HAS WASTED that chant word.

.

Therefore, during the chant word TRAINING and also during the EXPLICIT SHIFTING OF THE CONSCIOUSNESS from Body Sensations to the chant word, SADHAK must chant in such a way that ONLY THE CHANT WORD in its PUREST FORM, NOT MIXED with the thoughts or worldly interactions is chanted and visible to the inner vision or mind's eye.

.

So Monks, next time you are afflicted with any of the body sensations in the form of ITCH, CUT, or PAIN, you must immediately switch the attention to the WORD CONSCIOUSNESS in the form of ANITYA or ANICCA and start chanting the word till the body sensations are subdued, mellowed down.

.

For EXAMPLE, Let's say, SADHAK is afflicted with an ITCH or a MOSQUITO BITE, he immediately switches his attention to the Inner chant word "ANITYA", and continues to chant 'ANITYA' through his inner mind, and he continues to CHANT with the INTENT to PREVAIL over the BODY-SENSATION that is causing him the misery in the present moment. He makes sure that all he sees or hears is the WORD ANITYA inside his mind during such explicit switching of attention to the chant word.

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Activating the EXPLICIT "ANITYA CONSCIOUSNESS"

to subdue other CONSCIOUSNESSEs - Feb 25-2024

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Monks;

What I tell you today has been explained in the PAST in VIPASSANA and Buddhist TEXTS, but this has never been explained in a simplified way I shall inform you about this below:

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Monks; all types of CONSCIOUSNESSES are no-self; Material Consciousness aka DEFAULT CONSCIOUSNESS given to this BODY during the BIRTH and the EGO CONSCIOUSNESS that have been collected by the BEING during his life cycle are AVAILABLE or FELT as MIND through the INNER VISION aka MIND of the SOUL which has acquired or gotten hold of this BODY.

.

Monks, the MIND is NO-SELF, visible as HOLOGRAM, animated IMAGES, BORN or FABRICATED out of the elements of the SELF that are ROOTED to

a SELF that is this physical body of a BEING. Also, EGO CONSCIOUSNESS collected during the life cycle and DEFAULT-CONSCIOUSNESS given to the body during birth are all LOCALISED (they are rooted or manufactured on the body parts to be precise).

.

Similarly, monks, there are BODY SENSATIONS in the form of damage to the body like CUT, PAIN, ITCH, and also Body sensations that are the result of interacting with mental contents like fear, anger, depression, etc.

.

Thus Monks, BEINGS are always struggling to deal with MIND and BODY aka mental contents and Body Sensations, and are thus always miserable as they have no fixed idea of how to handle these.

.

MIND is a NO-SELF and Body Sensations are also a NO-SELF (that means, even the damage to a body part is reflected as CONSCIOUSNESS and is thus a NO-SELF)

.

While mind or mental contents can be transcended as Not_real, an Illusion, and thus any interaction with them is 'let go' upon their arising, but monks, Body sensations although felt as NO-SELF are causing the misery in the present moment as there is a damage to the body part.

.

Now, Monks, EXPLICIT switch or ATTENTION to the CONSCIOUSNESS of type blissful or Neutral is the FIXED, one of the ways to subdue or mellow down the other CONSCIOUSNESSES that are taking our attention in the present moment.

.

Therefore, Monks, We shall find or INVENT a CONSCIOUSNESS that we shall turn EXPLICITLY TO so that we can subdue other CONSCIOUSNESSES taking our attention and causing us the misery coming from mind and body in the form of mental contents and Body sensations.

.

Monks,

TRAINING THE SADHAK to form explicit attention to the CHANT WORD (inner mind chant or spoken form of CHANT) is how we switch attention to the CONSCIOUSNESS that is blissful or neutral.

.

Monks, THOSE WHO FOLLOW "KRISHNA CONSCIOUSNESS", may choose the WORRD "HARE KRISHNA" or "RADHE" or any other blissful word that justifies the CHANT WORD, can be taken.

Those who follow VIPASSANA can pick either "ANITYA" or "ANICCA" as a CHANT WORD that shall be TRAINED UPON by the SADHAKS for this purpose.

.

It is important to "PICK ANY ONE WORD", so that we use that any time we want to subdue the other CONSCIOUSNESSES that are trying to cause us misery in the present moment.

.

Now, if the chant word is being used in "SPOKEN FORM", then the SADHAK must listen to the WORD while it is being spoken, thus the SADHAK speaks the CHANT WORd and also makes sure to listen to his own voice during the chant word being spoken.

Similarly, if the chant word is being used in "INNER CHANT FORM", 'chanting inside the mind', then the SADHAK must READ and SEE the ENTIRE WORD while it is being INNER CHANTED inside the mind, thus, the SADHAK while doing the inner chant also sees the CHANT WORD and also makes sure to READ his own inner chant word during the chant word being inner chanted.

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For this SADHAK having picked up the one CHANT WORD trains himself 24/7, or whenever he gets the time, to CHANT the word in 'spoken form' or 'inner chant inside the mind', and makes himself familiar with the chant word to such an extent, that MERE by chanting the word, and explicitly switching attention to chant word either in inner chant or spoken form, he can subdue all the other CONSCIOUSNESSES that are taking his attention in the present moment.

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NOTE: A SADHAK MUST BE AWARE that, any time he CHANTS the WORD "ANITYA" or "ANICCA", ALONG WITH THE THOUGHTS and WORLDLY INTERACTIONS, then HE HAS WASTED that chant word.

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Therefore, during the chant word TRAINING and also during the EXPLICIT SHIFTING OF THE CONSCIOUSNESS from Body Sensations to the chant word, SADHAK must chant in such a way that ONLY THE CHANT WORD in its PUREST FORM, NOT MIXED with the thoughts or worldly interactions is chanted and visible to the inner vision or mind's eye.

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So Monks, next time you are afflicted with any of the body sensations in the form of ITCH, CUT, or PAIN or FEAR, ANXIETY, or DEPRESSION, you must immediately switch the attention to the CHANT WORD CONSCIOUSNESS in the form of ANITYA or ANICCA or as explained above, and start chanting the word till the body sensations are subdued, mellowed down.

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For EXAMPLE, Let's say, SADHAK is afflicted with an ITCH or a MOSQUITO BITE, or when feeling FEAR, ANXIETY, or DEPRESSION, **he immediately switches his attention to the Inner chant word "ANITYA", and continues to chant 'ANITYA' through his inner mind or with spoken words, and he continues to "CHANT with the INTENT to PREVAIL over the BODY-SENSATION" that is causing him the misery in the present moment. He makes sure that all he sees or hears is the WORD ANITYA inside his mind or during the spoken chant when doing such explicit switching of attention to the chant word.**

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Difference between "BRAIN DEATH aka COMA" and "SLEEP CONSCIOUSNESS" - Feb-26-2024

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l**aw of dependent origination:**

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What is the conditioned arising method [law of dependent origination aka "**12 DEPENDENT LINKS**")?

Ans: Conditioned by ignorance are the formations; conditioned by the formations, consciousness; conditioned by consciousness, name-form; conditioned by name-form, the six-sphered-sense; conditioned by the six-sphered-sense, contact; conditioned by contact, feeling [sensation]; conditioned by feeling, craving; conditioned by craving, clinging; conditioned by clinging [[perception of feeling is getting strong here]], becoming. [misery is in incubation mode, like a child in womb], conditioned by becoming, rebirth [Re-Birth of a misery]; conditioned by rebirth, decay, death, sorrow, lamentation, pain, grief and despair spring up. Such is the origin of this entire mass of the Ill.

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ELEMENTS of THE SELF (Form, Feelings, PERCEPTION, VOLITIONAL ACT, and CONSCIOUSNESS)

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Monks,

The brain, as one of the sense media organs of the material form aka this BODY, "**PERCEIVES**". Yes Monks, BRAIN aka BRAIN-CONSCIOUSNESS, PERCEIVES the existence of other 5 sense media CONSCIOUSNESSES (eyes, ears, nose, tongue, body), and what it can be perceived is then RELAYED BACK/REFLECTED to the Inner vision aka MIND of the WITNESS BODY aka the soul.

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Now Monks, as per the law of dependent origination, 6 sense media upon CONTACT goes through perception, but since PERCEPTION LINK IS BROKEN at "Contact of 6 sense media brings feelings and

conditioned by the feeling, arises craving", there is no further progress on dependent origination that has 12 links in series.

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Thus, although the MATERIAL FORM has contact through the other 5 sense media since the "BRAIN ORGAN IS DEAD", NO PERCEPTIONS are being FORMED OF ANY EVENTS or PHENOMENON, and thus NO REACTION or VOLITIONAL ACTS are RELAYED BACK TO THE INNER VISION aka MIND of the WITNESS FORM aka SOUL. This is the same as ALL THE SENSE ORGANS although ALIVE but are NOT SENDING any reaction or signals back to the MIND since that part is done by the BRAIN, and since the BRAIN ORGAN IS DEAD, all the other 5 sense media although alive, are unable to perform any **volitional act** (**Mental, verbal or physical**).

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Also, as per the ELEMENTS of THE SELF (Form, Feelings, PERCEPTION, VOLITIONAL ACT, and CONSCIOUSNESS), since PERCEPTION IS DEAD, further progress on VOLITIONAL ACT, and CONSCIOUSNESS is STOPPED. This is same as a CAR IN PERFECT CONDITION PHYSICALLY but can not be driven as AI that perceives different functions of the CAR has malfunctioned.

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And, Monks, I am myself witness to the event where a BODY PART was being reflected to the MIND as VACUUM during the SLEEP, as that body part was almost NUMB due to some medical reasons. So what was happening was, that during the sleep although entire material form was being reflected MINUS the body part that had gone numb due to some medical issue I was facing those days. I woke up from the sleep to find that I was able to breath without any issues, although the nose organ was being felt as VACUUM, during one of cold cough days where airways were completely blocked and I used to think I would die out of suffocation soon.

.

What this means is that when a body part is numb, or can not be reflected back to the Inner Vision aka the MIND due to any reason, then there is VACUUM shown or reflected for that organ part during one of those reflection of material form to the MIND as NO-SELF.

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Now, "**SLEEP CONSCIOUSNESS"** , is an IN BUILT CONSCIOUSNESS that has been given/GIFTED to all living beings, and when the SLEEP CONSCIOUSNESS is ACTIVE, all the 6 sense media are subdued, calmed down and therefore in a state of SLEEP, and this SLEEP STATE is perceived by the BRAIN and is thus entire material form aka this body is still reflected back as no-self to the inner vision of the witnessing body aka the SOUL, which has acquired the HOLD of this HUMAN BODY through one of the EGO-CONSCIOUSNESS.

In the SLEEP STATE, one is still able to reflect the entire material form and perceive and react unlike in the case of brain organ death. The VOLITIONAL ACTS (Mental, Physical and verbal) all are stopped during the brain organ death, although all the other 5 sense media are working fine physically.

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Similarly Monks, the PERSON WHO HAS UNDERGONE BRAIN DEATH, where the brain has become dead due to some reason, hence in this stage BRAIN CANNOT PERCEIVE the CONTACTS born out of other 5 sense media.

The brain cannot perceive the feelings arising out of the other 5 sense media CONSCIOUSNESSES, and their symptoms in the form of BODY SENSATIONS and MENTAL CONTENTS, and although these other 5 sense media are still alive, but yet, since they cannot be perceived, THEY ARE STILL BEING REFLECTED TO THE inner vision of the WITNESS FORM aka the SOUL, and hence in this situation, a BRAIN DEAD person leaves the WITNESS BODY AKA the SOUL in a LIMBO without any bodily functions whatsoever and thus SOUL's journey towards NIBBANA is completely stopped.

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The SOUL in this state, where acquired BODY has a brain death, now cannot perceive PAIN, cannot perceive TASTE, cannot perceive visual contact, cannot perceive the TOUCH. This SOUL or a witness form, cannot leave this body unless the death of the BODY aka the death of all the 6 sense media has been reflected to the witness body, and therefore, although all the other 5 sense media are being reflected to the inner vision, but they are DEVOID OF VOLITIONAL ACT as nothing is being perceived by the brain due the brain death.

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WHY DO I WANT TO RE-WRITE "satipatthana sutta" and why the 10 days VIPASSANA course must be changed that shall bring SELF REALIZATION and NIBBANA in the first 10 days itself- Feb-27-2024
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Monks;
When one applies for a 10-day VIPASSANA course, some questions is asked 'about the mental health of an Applicant"
Does he have anxiety or other such issues?
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Now I do not know if one answers YES, What they do with that application, but I want to tell you this, if they reject the application based on mental issues, then that is the worst reaction from the organisers, as VIPASSANA IS MEANT FOR THOSE WHO ARE SUFFERING, MIND and BODY ISSUES.
.
Now after the 10 days course, where I failed miserably to perform any of the instructions due to my anxiety and other issues I used to face those days, nevertheless it became clear to me that I have found a TRUE and DIRECT PATH to END my sufferings and for that, I had to research and download few BUDDHA BOOKS from free websites because I was very sure that I CANNOT attend those EXTENSIVE 10 days courses again several times, till I reach the "satipatthana sutta" and then find out how to end sufferings using techniques of BUDDHA.
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The path to end SUFFERING can be only learned with satipatthana sutta and knowledge of 5-KHANDA'S as the FIRST STEP, but the way the course has been designed, many SADHAK's are just CONTENT DOING ANAPANA and they think they have understood VIPASSANA very well, although ANAPANA is just 1% of VIPASSANA TECHNIQUES.
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Now coming back to my own situation, those days I was suffering from many many mental issues that included anxiety, panic attacks, phobia, and so on and I used to think, I am going to die a very MISERABLE DEATH due to my several mental issues for which the medical industry has no recourse except to offer the pills for my entire life. The other CRUEL part is that people or society in general is NOT sympathetic or I shall say largely IGNORANT of how to treat such people, in fact, they make fun of such people.
.
Like I used to be told "YOU THINK TOO MUCH", and I was like, How can

you ask a SCIENTIST NOT TO THINK? I am from Information Technology and My job is to think and analyze all the time. That is my career.
.
Anyways, so when I learned about the BLESSED ONE, 'BUDDHA', during the first 10 days course, and how he brought VIPASSANA to ordinary people, to help them end their sufferings, and as I read more and more about the way he preached about VIPASSANA and the way he would teach the discourse on every aspect of the misery, I got overwhelmed and could feel the connection immediately.
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Monks, having found the DIRECT PATH to end suffering, and since I did not want to do several 10 days of vipassana courses till I reached "satipatthana sutta" and 5 KHANDA's, I decided to take this in my hand and started researching and reading all the books taught by BUDDHA's way of preaching, and finally within 6 months, after I started to actually understand his techniques, The VERY FIRST THING I DID was "I DEVOURED ALL THE MENTAL ISSUES IN JUST a WEEKS TIME", and can you imagine these issues were bothering me for years and I was beginning to be free from then in just weeks, and that was the time I decided I MUST COME OUT WITH MY PRACTICAL GUIDE FOR SADHAKS so that they do not have to worry about doing several 10 days vipassana courses or heir application getting rejected just because they mentioned MENTAL ISSUES column as "YES".
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Now, Monks, I take it upon myself to come out with a MODIFIED AND VERY POWERFUL my own version of "satipatthana sutta" that will be 20 times more powerful and shall bring any applicant to self-realization and nibbana in the first 10 days itself, and also it shall end all their mental issues in same 10 days of the course, TEXT for which I shall come out with when the time is right depending upon how FAST the enlightenment towards that can come within me.
.
The present course gives too much importance to ANAPANA and that TIRES THE SADHAK's. The more important shall be given to VIPASSANA TECHNIQUES, teaching SADHAK's about mind and matter in the form of sensations and mental contents by giving practical present days examples, apart from that knowledge about 'how the CONSCIOUSNESS gets created', knowledge about 'objective observation and equanimity' and then knowledge about "how to cleanse the CONSCIOUSNESSES that are conditioned" and finally how to transcend the mind and matter shall be taught in first 10 days course itself.

.

Now, I CONSIDER MYSELF a PERFECT FIT to write NEW "satipatthana sutta", as I have already TRANSCENDED MIND and MATTER and PHENOMENON in terms of mental content-sensations and WORLDLY-phenomenon, have ended craving/aversion/delusion and clinging towards all aspects of the life, have already cleansed all my SANKHARA or CONDITIONED CONSCIOUSNESSES, have been doing 24/7 research on my own body since last 4 years on these aspects of VIPASSANA teachings, have written extensively on CONSCIOUSNESS topics, the clear understanding of which YOU SHALL FIND NOWHERE ELSE as explained and written by me with a very clear understanding of concepts of CONSCIOUSNESS, as I continue to move towards the path of SELF REALIZATION.

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PRESENT DAY VIPASSANA COURSE- "CHANGES NEEDED"- Feb-29-2024
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Monks;

NOTE: The following is just a TEXT of my understanding of the VIPASSANA 10-day course I attended in Mumbai, BHARAT, and the issues that I faced due to my ignorance of the features of VIPASSANA TECHNIQUES. I believe that my input shall help VIPASSANA COURSE organizers and they can either review the course or ignore my input as per their choice.

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After roughly 4 years of research on VIPASSANA TECHNIQUES and the Problem I faced with a few other examples of problems faced by SADHAK'S, the following CHANGES MAY BE NEEDED TO the PRESENT DAYS VIPASSANA COURSE:

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ANAPANA meditation on Breath does not emphasize the following:

[ANAPANA issues]:

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0) The breath observation being asked is MONOTONOUS, without any explanation on the order of inner vision locations being changed during the course.

1) They do not tell you why the breath shall be observed within the nose first and then move to NOSE doors, and then move to the UPPER LIPS below the nostrils.

2) They do not emphasize that it is not the breath, but the FEATURES OF THE BREATH are being observed within the nose (speed, length, warm/cold, thick/shallow, etc) and a 'TOUCH of breath' at the nose doors shall be observed when the vision is at the nose doors.

3) They do not tell you why finally the breath is observed at the upper lips.

4) Most importantly, a few SADHAKS like myself, face COLD COUGH ISSUES and some like me also face TINNITUS, due to the breath pattern change that may affect SPECIALLY those who have nerve damage inside the EAR.

5) They do not tell you that BREATH SHALL BE observed at what location? "at nose door or upper lips or within the nose when one is faced with fear, anxiety, or anger". They just inform you that once faced with anger or other such issues, breath pattern changes and becomes imbalanced, and breath goes fast or slow, and in that case if one observes the BREATH one can control the anger and other issues that arise out of change in breath pattern when faced with mental contents issues.

6) They also recommend ANAPANA to be taught to the children.

7) During the course, They ask you to observe the breath at nose doors or upper lips and WAIT FOR VIBRATIONS to appear before moving to the VIPPASANA BODY SCAN. Now I tell you this, the EMPHASIS ON OBSERVING VIBRATION did create a MENTAL SANKHARA in my case, and that ACTIVATED MY DORMANT TINNITUS, whenever I observed vibration at nose doors or at the upper lips. Thus, now after several days of meditation at nose doors, the vibrations became intense and that intensified the tinnitus so I had to STOP ANAPANA altogether.

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Now, My Take is that, INSTEAD it should be explained that AS SOON AS VIBRATION APPEAR, SADHAK MUST MOVE TO VIPASSANA BODY SCAN, and any ATTENTION TO THE VIBRATIONS MUST BE STOPPED immediately as soon as they appear.

8) They ask you NOT TO USE the "CHANT WORD" as an ANCHOR during the ANAPANA breath observation, which in my view is a faulty view;

9) ANCHOR WORD OF "ANITYA' or "ANICCA" may be used along with INHALE and exhale to make SADHAKS aware of IMPERMANENCE OR ANITYA feature of SENSATIONS and mental contents.

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MY ANSWER on the above ANAPANA issues:

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1)

Since the order of breath location was NOT EXPLAINED, many SADHAK including myself would observe breath within the nose for a time duration and then STOP the meditation.

THIS CAUSED SEVERE COLD COUGH Issues in my case, as since the breath meditation was left at the "observation of breath within the nose", I started to face HYPEVENTILLATION OF THE BREATH and subsequent cold cough issues.

2)

Then I tried STOPPING the breath meditation at NOSE DOORS, I still had cold cough issues afterward although the INTENSITY of cold cough duration WAS LOWER this time, as the air must not be reaching within the nose or nose borders to not cause cold cough issues as per my research later.

3)

Then, I observed the breath at UPPER LIPS just below the nostrils, and this did not cause COLD COUGH issues and it ALSO stopped my TINNITUS issues from activating again. Thus, we can say that observing breath at the upper lips is the resolution of cold/cough/asthma and TINNITUS issues.

4)

During the course, They ask you to observe the breath at nose doors or upper lips and WAIT FOR VIBRATIONS to appear before moving to the VIPPASANA BODY SCAN. Now I tell you this, the EMPHASIS ON OBSERVING VIBRATION did create a MENTAL SANKHARA in my case, and that ACTIVATED MY DORMANT TINNITUS issue, whenever I observed VIBRATIONS at nose doors or at the upper lips. Thus, now after several days of meditation at nose doors, the vibrations became intense and that intensified the tinnitus so I had to STOP ANAPANA altogether.

Now, My Take is that, INSTEAD it should be expalied that AS SOON AS VIBRATION APPEAR, SADHAK MUST MOVE TO VIPASSANA BODY SCAN, and any ATTENTION TO THE VIBRATIONS MUST BE STOPPED immediately as soon as they appear.

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5) Stopping the ANAPANA within the nose location and at the nose doors location, causes TINNITUS in my case, and also, it causes cold cough issues. So I have learned by several practices to now perform ANAPANA only at the upper lips and I STOP the observation of breath as soon as the vibrations appear to NOT ACTIVATE MY TINNITUS ISSUE. The observation of breath at UPPER LIP also does not cause cold cough issues as I understood it later.

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6) With these issues, I DO NOT RECOMMEND ANAPANA to be taught to the CHILDREN et all.

7) They ask you NOT TO USE the "CHANT WORD" as an ANCHOR during the ANAPANA breath observation, which in my view is a faulty view, as the CHANT ANCHOR WORD does helps your mindfulness and to bring the focus more on features of the breath and also helps SADHAK observe MAINTAIN BOTH INHALE AND EXHALE observation, as many times SADHAK are only observing the inhale forgetting to observe the exhale, whereas CHANT WORD as an ANCHOR is repeated along with INHALE and along with the EXHALE both.

CHANT WORD as an ANCHOR, is a NEUTRAL or BLISSFUL CONSCIOUSNESS and it does not in any way help to create a SANKHARA as is understood falsely during the course design. But, yes, the ANCHOR WORD MAY BE LEFT or abandoned after the first few minutes of observation of the breath as the anchor word does help the SADHAK concentrate more on the MINDFULNESS aspect of the breath.

8)ANCHOR WORD OF "ANITYA' or "ANICCA" may be used along with INHALE and along with the exhale to make SADHAKS aware of IMPERMANENCE OR ANITYA feature of SENSATIONS and mental contents.

9) THE SADHAK must be informed to STOP the Observation of ANAPANA as soon as the vibrations are noticed at nose doors or at the upper lips and move to vipassana body scan immediately.

Right now what is happening is that SADHAKS continue to perform meditation, even after VIBRATIONS ARE NOTICED at nose doors or at upper lips, which activates my TINNITUS ISSUE in my case.

9) I DO NOT recommend the ANAPANA to be taught to the children for all the above reasons.

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VIPASSANA BODY SCAN ISSUES:

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During the body scan following has not been emphasised properly:

1) One must never observe the vibrations either at nose doors at upper lips or anywhere on the body, as there is a danger of a SANKHARA or mental defilement creation concerning vibrations observations. Vibrations at best must be ignored during the body scan.

2) During the body scan SADHAKS are asked to move from head to bottom feet but are not informed that SADHAK must observe SENSATIONS or INCIDENTS appearing on the body in a swift manner, NOT STOPPING at any body part location even for a second, they must WALK their inner vision over every sensation or incident without taking a pause even for a second TO AVOID CREATING A SANKHARA OR MENTAL DEFILEMENT concerning that sensation or a incident.

3) They are not informed that body scan must be done only "top to bottom and reverse" from all sides, and NEVER in CIRCLES OR ZIGZAG.

4) Also they are not informed, what they shall do when they see the flow of vibrations throughout the body after the VIPASSANA BODY SCAN, and usually this feature is experienced when the SADHAK is sleeping after the intense ANAPANA and BODY SCAN performed during the day. In my view, ONLY THE VERY EXPERIENCED SADHAKS who are aware of performing THE SWIFT BODY SCAN, NOT STOPPING at any body part locations even for a second's PAUSE, can do a SWIFT TOP TO BODY SCAN when faced with vibrations throughout the body just for FEW minutes and then ignore them. The new SADHAKS must be asked to IGNORE THESE vibrations that appear after a vipassana scan.

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ANITYA and ANICCA is NOT EXPLAINED properly.

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Observing body sensations as ANITYA OR ANICCA has to be informed following ways:

That SADHAK must inner chant "ANITYA" as soon as body sensations start to bother him, and he must FIRST SWITCH HIS ATTENTION IMMEDIATELY to the inner chant of the word "ANITYA" or "ANICCA", and continue to inner chant the word 'ANITYA' in such a way to PREVAIL over the feeling of body sensations causing the misery in present moment.

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Order and elements of the "BRAHMAN / SOUL / Consciousness / Material Form aka BODY" Explained- March-1-2024

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Let's see the Order of the Flow:-

1-

BRAHMAN - with INNER VISION, WISDOM, MIND aka BRAHMAN-consciousness, and EGO which acquired the HOLD OF all the SOULS aka portion of the BRAHMAN present in entities of the universe. **Thus, BRAHMAN is AWARE of total consciousness reflected back from ALL THE SOULS that have acquired the BODY in the entire universe.**

2-

□□, □□□□□□,□□□□□,□□□□□□ are the elements of the SOUL aka □□□□□

Inner vision, wisdom, consciousness, and EGO are the elements of the SOUL

.

SOUL aka □□□□□ aka portion of a BRAHMAN, along with its own SOUL-consciousnesses-□□□□□ and inner vision (SOUL's-MIND-□□), and WISDOM aka GUNAS (Prakriti, RAJAS, TAMAS, SATTVA) and EGO-□□□□□□

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SOUL-consciousness IS again REFLECTED back to the BRAHMAN-Consciousness

3-

SUBTLE FORM- Body aka MATERIAL FORM has its DEFAULT LOCALISED MATERIAL-consciousnesses that come with the BIRTH, and the consciousnesses that it acquires in the form of EGO aka EGO-consciousness during its KARMA life cycle.

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[MATERIAL-consciousnesses + EGO-consciousness are again REFLECTED back to the SOUL-consciousness and are visible to the witness entity aka soul's inner vision as the MIND]

4-

GROSS FORM- BODY (MAterial form with 5 Earth Elements)

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The portion of BRAHMAN as an ELEMENT OF THE CAUSAL BODY, aka the SOUL that ACQUIRED THE HUMAN BODY, must be REALIZED only through SELF-REALIZATION.

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After the BODY WAS Born, it was acquired by the SOUL aka portion of a BRAHMAN along with its own consciousness and inner vision (mind), and GUNAS (Wisdom aka Prakriti) and EGO

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□□, □□□□□□,□□□□□,□□□□□□ are the elements of the SOUL aka □□□□□

Inner vision, wisdom, consciousness, and EGO are the elements of the SOUL

.

Inner vision (□□), wisdom- prakriti aka (□□□□□□- rajas,tamas,sattva gunas),;mind □□□□□)aka total consciousness reflected from material form, soul through one of the EGO (□□□□□□) has acquired the hold of body aka material form, Are the Elements of the SOUL aka □□□□□

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BRAHMAN/SOUL/MATERIAL WORLD EXPLAINED/ARE ALL MATERIAL FORM acquired by the SOUL? - March-2-2024
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□□, □□□□□□,□□□□□,□□□□□□ are the elements of the SOUL aka □□□□□

Inner vision, wisdom, consciousness, and EGO are the elements of the SOUL

.

Inner vision (□□), wisdom- prakriti aka (□□□□□□- rajas,tamas,sattva gunas),;mind □□□□□)aka total consciousness reflected from material form, soul through one of the EGO (□□□□□□) has acquired the hold of body aka material form, Are the Elements of the SOUL aka □□□□□

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Monks;

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Just like an owner of a BIG COMPANY, first trains their children through several academic and worldly pieces of training, and only after they have passed those rigorous training, are they given the chance to help run the company alongside the owner, in the same way, monks, BRAHMAN, sends its disciples or children in the form of SOUL, makes them tied to the material world and only after these SOULS have self-realized and gotten NIBBANA after severing the fetters and bindings of the material world by transcending mind-body-phenomenon, are then given chance to run this universe alongside with the BRAHMAN.
.
Monks, There are 3 LEVELS OF EXISTENCE;
BRAHMAN with its WISDOM (GUNA'S), BRAHMAN-CONSCIOUSNESSES, Inner vision (EGO is absent, BRAHMAN is DETACHED FORMLESS entity)

.
SOUL with its WISDOM, SOUL-CONSCIOUSNESSES, Inner vision, and EGO that ties itself to the MATERIAL-FORM
.

Material Form (BEINGS/Animals/Insects/Mountains/Sea) with its WISDOM, MATERIAL-CONSCIOUSNESSES, Inner vision, and "SOUL-Material-EGO [this form is tied to the soul" or just "MATERIAL-EGO [name-form and other material EGO's]"

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And Monks, MATERIAL-CONSCIOUSNESS is REFLECTED BACK TO THE SOUL-CONSCIOUSNESS, and FROM SOUL-CONSCIOUSNESS it is reflected BACK to the BRAHMAN-CONSCIOUSNESS, and this is the way BRAHMAN is made aware of the entire universe as is experienced directly by the BRAHMAN and also as being experienced by the SOUL which has acquired the material-form as per the process of their NIBBANA.

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The entire universe along with its MATERIAL WORLD is being EXPERIENCED BY THE BRAHMAN. But at some point, BRAHMAN needed DISCIPLES who shall help him run the UNIVERSE and oversee its evolution and its creation process in the form of MATERIAL WORLD.

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Now, BRAHMAN is a DETACHED FORMLESS entity, and although it experiences the ENTIRE MATERIAL WORLD and its billion of creation, nevertheless it NEVER gets entangled in them, free from **'MARA'** or '**MAYA'**, and thus maintains objective observation and EGO-LESS experience of the material entities under its creation. BRAHMAN is thus, the highest form of SELF aka SELF-REALIZATION which has undergone NIBBANA from the material world existence and is thus able to run the WHOLE UNIVERSE DETACHED and observe its evolution process.

.

Now Monks; SOULS are supposed to be, say, DISCIPLES or children of the BRAHMAN, which BRAHMAN needs to run and help maintain the UNIVERSE, but for that SOUL must go through a process of NIBBANA, to not be entangled by the **MARA** or **MAYA** while helping the BRAHMAN, run this UNIVERSE as is expected of them.

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Thus, SOULS, as instructed by the BRAHMAN, are made aware of the RULES OF NIBBANA. Still, as part of the process, having acquired the material form and tied to them till the death of the material form, they [SOULS} are first made to forget that they are actually the SOUL and NOT THE MATERIAL FORM, and only through the process of SELF REALIZATION and WISDOM they have accumulated through several appearances in the form of material form in their birth and death cycle, the SOUL ultimately is able to BREAK THE BINDINGS AND FETTERS that ties itself to the material world, and such a SELF-REALIZED SOUL is then sent back to BRAHMAN so that it can take part in managing this UNIVERSE alongside BRAHMAN.

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Now Monks, There arises a QUESTION; ARE ALL MATERIAL FORM acquired by the SOUL?
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Monks; If I were to give you an example of a CELL PHONE MANUFACTURING UNIT that produces thousands of Cell Phones, in that case, can we assume that all the cell phones are sold and acquired by a HUMAN BEING?
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No Monks, There are cell Phones that are never acquired by human beings and thus they perish without any experience born out of them. And they thus REMAIN ACQUIRED OR OWNED by the manufacturing unit or say OWNER OF THE MANUFACTURING UNIT.
.
In the same way monks, there are material forms, that are NEVER ACQUIRED BY THE SOUL, and thus they are directly OWNED BY THE BRAHMAN, only in this case, the absence of SOUL means, this material form has no EGO FORMED with the higher SELF aka the SOUL, and these material-forms are directly owned and experienced by the BRAHMAN, and BRAHMAN never forms any EGO with them, thus these material forms are directly being experienced by the BRAHMAN, and these material-forms 'devoid of the soul', perish upon their death and only the law of land applies to them. LAW OF KARMA or SANKHYA YOGA that makes them undergo several appearances, DOES NOT APPLY TO THESE SOUL-LESS material forms.

.
LAW OF KARMA/LAW of SANKHYA YOGA/BHAKTI YOGA, only applied to the SOUL, as it has to undergo the process of NIBBANA, while in the case of material forms that are NOT ACQUIRED BY THE SOUL, only the law of land applies.
.
Thus one can see "**SOCIOPATHS/NARCISSISTS/PSYCHOPATHS"** are the human entities that the SOUL has not acquired, and the BRAHMAN is directly experiencing them. The LACK OF THE SOUL governing these MATERIAL FORMS in the form of "**SOCIOPATHS/NARCISSISTS/PSYCHOPATHS**" makes them devoid of wisdom that is USUALLY acquired over several appearances cycles of the SOUL which acquires several human forms to accumulate these WISDOMS or GUNA'S in the form SATTVA GUNA as the part of the process of NIBBANA or self-realization.

.

And that is why monks, these materials exactly behave like animals, they just eat and grab as part of their material existence, just like animals with their fixed CONSCIOUSNESS behave in the same manners and look the same, in the same way, monks, absence of soul makes these human entities behave exactly in the same manners as they all have fixed CONSCIOUSNESS and are not able to update the WISDOM that is usually part of SOUL, and absence of the soul means, these entities shall behave exactly in same manners just like animals behave in same manners due to absence of the SOUL. If there are animals that are acquired by the SOUL, you shall see them behaving differently in many cases.

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The Five Aggregates-5 KHANDA'S - 5-elements of SELF EXPLAINED - March-3-2024

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Monks;

The BLESSED ONE (BUDDHA), has already given us the method of how the CONSCIOUSNESS is COGNIZED and how the SENSE IMPRESSIONS ARE RECORDED.

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The 5-elements of SELF(Form/□□□, FEELINGS, PERCEPTIONS, Volitional Acts/Formations, CONSCIOUSNESS).

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Here "FORM" means any PHYSICAL or LOGICAL objects that one comes in CONTACT WITH through the 6 sense media.

Here, "FEELINGS" Means CONTACT of the EYE with visual objects, ears with listening objects, tongue with taste objects, Nose with smell objects, Body with touch objects, and BRAIN which PERCEIVES or ANALYZES).

Here "PERCEPTION" means, AFTER any CONTACT that was made with FORM by 6 sense media through the FEELINGS, the BRAIN starts to PERCEIVE, and based on the perceptions or analysis, Volitional Acts are performed.

Here "Volitional Acts" are physical/mental or verbal or simply a formation or understanding of a subject matter, formed after the BRAIN PERCEIVED.

.

All the above 4 elements are then FABRICATED INTO THE CONSCIOUSNESS which is then made available to the inner vision as the MIND. Mind is thus, the aggregate of TOTAL CONSCIOUSNESS reflected out of the material form (both material CONSCIOUSNESS and EGO CONSCIOUSNESS are reflected to the inner vision aka the MIND).

.

Thus, after the CONTACT is made with any of the FORM (Physical beings or tactile or logical objects like mental contents or visual images) through one or all of the 6 sense media, a PERCEPTION is made by the BRAIN, and based on the analysis or the perception, the VOLITIONAL ACTS in the form physical/verbal or mental acts are performed, all of which are then fabricated or cognized into the CONSCIOUSNESS, and thus inner vision aka the MIND is always being updated of various CONSCIOUSNESSES that the material form is experiencing or collecting through the MIND-BODY-PHENOMENON CONTACTS.

.

In the above 5 elements of the SELF, if the PERCEPTION LINK IS BROKEN due to the death of the brain (brain dead), then no volitional acts and subsequent CONSCIOUSNESS are fabricated. Hence, such a person remains in STILL MOTIONLESS POSITION without any activities being performed by the body, and this goes on till the death of the person when the heart has stopped pumping the blood to the rest of the body.

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How is CONSCIOUSNESS RECORDED on 6 sense media/

Is CONSCIOUSNESS Recorded localized to the body? -March-3-2024

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5-elements of SELF(Form/□□□, FEELINGS, PERCEPTIONS, Reactions or Volitional Acts/Formations, CONSCIOUSNESS)

.

Monks;'

CONSCIOUSNESS is recorded exactly where it is collected by the way of CONTACT with outside objects.

.

EYE CONSCIOUSNESS collects visuals by way of CONTACT with outside FORMS (Physical or logical)

TONGUE CONSCIOUSNESS collects TASTE by way of CONTACT with outside FORMS (FOOD)

EAR CONSCIOUSNESS collects AUDIO by way of CONTACT with outside FORMS (surrounding voices)

and so on.

AND WHERE is CONSCIOUSNESS recorded in all of the above?

EYE, TONGUE, and EAR are the body organs where these CONSCIOUSNESSES were recorded and collected as sense impressions in the form of "5-elements or aggregates of the SELF".

.

let's illustrate by a real example to show that CONSCIOUSNESS is in fact localized, stored directly on or inside the body.

.

Monks; **How is "HURT CONSCIOUSNESS", created which is the result of the damage to the body part due to forceful CONTACT?**

If one of you were walking barefoot and at some point, your TOE was hurt by the forceful CONTACT with the STONE, you start to feel different types of SENSATIONS at the body part [toe] that is now hurt and is EMITTING SENSATIONS of different types. After a WHILE the hurt body part continues to EMIT sensation of PAIN, and this continues till the body part is healed.

.

Thus Monks, **can we say that "HURT CONSCIOUSNESS", that is FELT AT THE TOES is in fact RECORDED EXACTLY AT THE TOE?**

.

And, **by the DOGMA of "HURT CONSCIOUSNESS" as seen in the above example, can we then say, that every CONSCIOUSNESS collected through the 6 sense media is recorded exactly where it is collected in the first place?**

.

If TOE was hurt, 'hurt CONSCIOUSNESS" was RECORDED at the TOE.

.

This is how things are Monks, CONSCIOUSNESS is stored localized but can only be EXPERIENCED BY THE MIND, MIND of SOUL, if the SOUL has occupied the BODY, and MIND of the BEING or material form, if the MATERIAL FORM exists without a SOUL. Whether the material form is acquired by the SOUL or NOT, the MATERIAL-CONSCIOUSNESS continues to be reflected back to the BRAHMAN-CONSCIOUSNESS and thus the highest entity aka the BRAHMAN is always aware of CONSCIOUSNESSES of all the EXISTENCE that is part of the UNIVERSE that the BRAHMAN OVERSEES as part of the evolution process.

+++++

What is AWARENESS, CONSCIOUSNESS, and MINDFULNESS? March-3-2024

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Monks;

Inner vision, wisdom, consciousness, and EGO are the elements of the SOUL and BRAHMAN and MATERIAL CONSCIOUSNESSES.

□□, □□□□□□,□□□□□,□□□□□□ are the elements of the SOUL aka □□□□□, and BRAHMAN and MATERIAL CONSCIOUSNESSES aka living entity.

.

5-elements of SELF(Form/□□□, FEELINGS, PERCEPTIONS, Reactions or Volitional Acts/Formations, CONSCIOUSNESS)

Also, **CONSCIOUSNESS is DERIVED OUT OF 5-elements of SELF(Form/□□□, FEELINGS, PERCEPTIONS, Reactions or Volitional**

Acts/Formations, CONSCIOUSNESS) aka SENSE IMPRESSION COLLECTED as 5-elements of SELF, recorded localized on the body parts where they were received in the first place.

.

Now Monks; Here,

AWARENESS-□□ = Inner vision or □□

CONSCIOUSNESS-□□□□□ = TOTAL CONSCIOUSNESSES [□□□□□] reflected from the Material Form aka 6-sense media of living entity

.

Thus, Monks, AWARENESS-□□ becomes aware of TOTAL CONSCIOUSNESSES-□□□□□, and this MATERIAL consciousness is being reflected/Updated every 1/10000000000 second, reflected back to the SOUL if the living entity is acquired by the SOUL, reflected back DIRECTLY to the BRAHMAN if living entity is NOT acquired by the SOUL, as I believe that there are living entities which are NOT ACQUIRED BY THE SOUL, and hence they are being observed directly by the BRAHMAN, just like out of 100,000 cell-phones only 80,000/- cell phones are acquired by the MAN, rest 20,000 remain un-acquired and perish without being used by the man.

These un-acquired MATERIAL FORMS [not acquired by the SOUL], live purely a material existence in the form of NARCISSISTS / SOCIOPATHS/ PSYCHOPATHS and only the law of land applies to them, just like in the case of WILD ANIMALS the law of karma does not apply even though they kill to live [law of karma applies only to the SOUL as SOUL is the one that directs the acquired living entity], similarly to these human forms un-acquired by the SOUL, LAW OF KARMA DOES NOT APPLY and only the"**law of the land"** applies to these soul-less entities.

.

Also Monks, MINDFULNESS means, to meditate on ANY specific MEDITATION object, be it breath AIR, CHANT MANTRA WORD, top of the candle flame, and so on, so as to establish the total focus of the INNER VISION on the mindfulness object during the meditation, where worldly interactions, indulging in mind and matter is let go for the duration of the mindfulness meditation.

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The most pertinent question is, WHAT AFTER SELF REALIZATION?
March-4-2024

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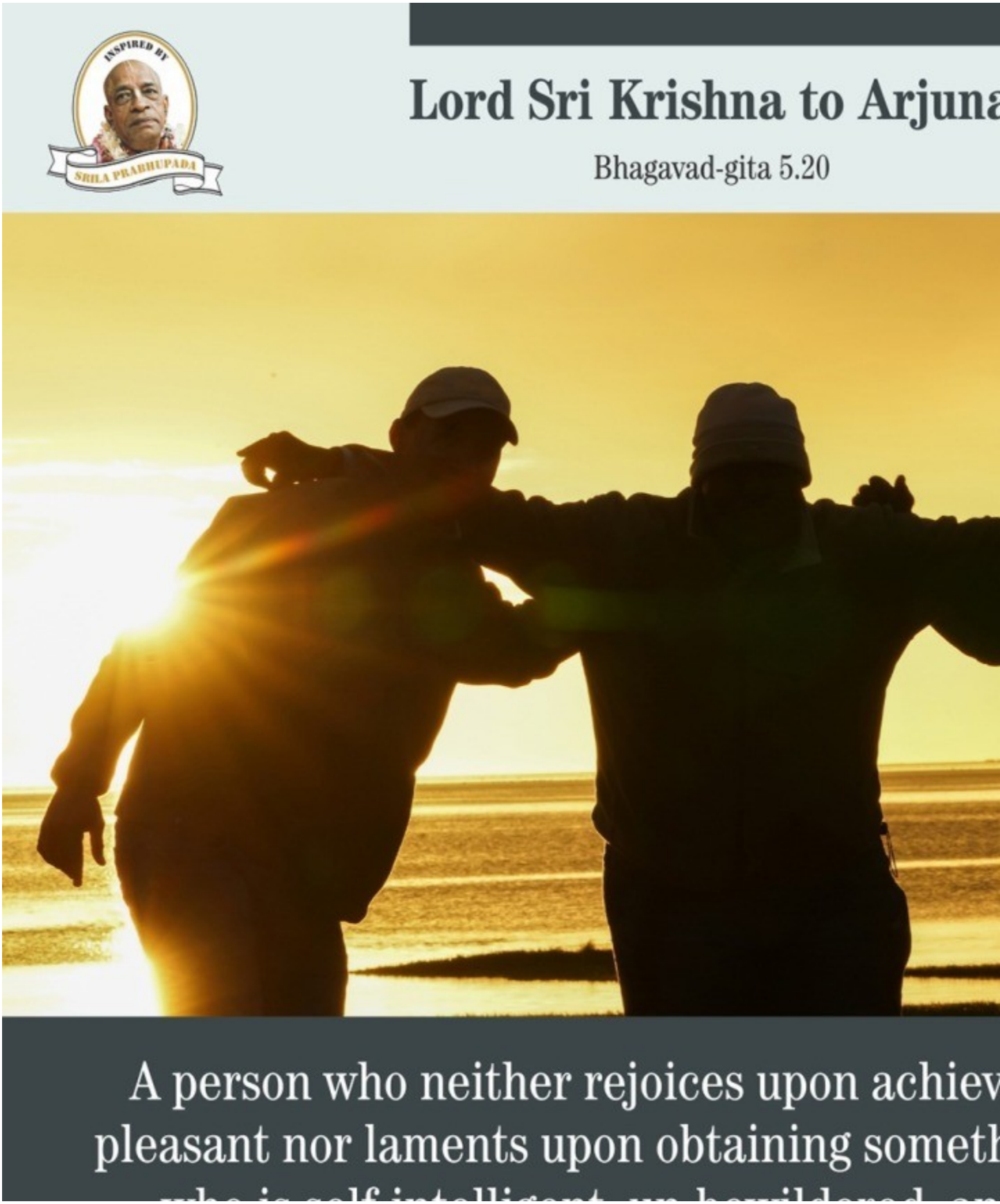
INSPIRED BY
SRILA PRABHUPADA
Lord Sri Krishna to Arjuna
Bhagavad-gita 5.20
A person who neither rejoices upon achiev
pleasant nor laments upon obtaining someth

Monks, our true nature is EXISTENCE, CONSCIOUSNESS, and BLISS.

.

But due to the MATERIAL FORM SANKHARA or a MATERIAL-DEFILEMENT-CONSCIOUSNESSES that has over-powered our real NATURE qualities, where we mistakenly identify the SELF as the MATERIAL-FORM and thus, we are always struggling to live the life which is UN-REAL.

.

We consider the MENTAL CONTENTS (thoughts, anxieties, fear, etc) as our own and continue to REACT to them.

We are always struggling to deal with BODY-SENSATIONS in the form of itch, PAIN, hunger, thirst, and so on.

We also CONTINUE to create CRAVING/AVESION/DELUSION (I, ME, MINE) and CLINGING toward the FORMS and PHENOMENON we interact with in day-to-day life.

.

Thus, Monks, we are ALWAYS MISERABLE and are SLAVE OF MARA or MAYA.

.

The BLESSED ONE [BUDDHA], having identified the "3 MATERIAL WORLD DEFILEMENTS" aka "3 MARKS of EXISTENCE" (**IMPERMANENCE** of body sensations, every phenomenon that arises is a **MISERY**, and all mental contents are **NO_SELF**) has narrowed down the misery to 3 aspects.

Also, BUDDHA has been able to guide us on how to TRANSCEND THE MIND-MATTER-PHENOMENON so that FREE FROM 3 MATERIAL WORLD DEFILEMENTS we REALIZE THE TRUE NATURE of "EXISTENCE, CONSCIOUSNESS, and BLISS".

.

Now your question is, WHAT AFTER SELF REALIZATION?

This is the same as asking "What about living life without DIABETES or without the ASTHMA or without Blood Pressure issues"

.

After SELF-REALIZATION, having understood the FUTILITY OF reacting to what is JUST A MATERIAL NATURE, and having understood to let go of MATERIAL NATURE IN ALL FORMS, we learn to live blissfully ever after.

Also having understood the SECRET behind the never-ending MAYA of BIRTH and DEATH CYCLE, we live life in such a way that we DO NOT CREATE SEEDS OF the NEXT BIRTH CYCLE and severe all the fetter and binding that ties us to this material world and to go back and MERGE with the highest SELF aka BRAHMA.

.

We live life JUST LIKE A LOTUS FLOWER, which although born inside the muddy water, but on growing up blooms and lives blissfully on top of the muddy water.

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Finally, I DECIDED TO ABANDON THE ANAPANA meditation of BREATH for good- March-6-2024

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Monks;

I accept that I have not been able to DECODE or understand the ANAPANA meditation of breath observation, as it continues to create TINNITUS ISSUES for me. In that case, I have decided to REMOVE and DELETE, EVERY OCCURENCE and EXPALANATION of TEXT as written by me in MY BLOG POSTS anywhere on ANAPANA meditation process.

.

I shall leave that EXPLANATION of "ANAPANA meditation of BREATH" to the learned teachers from VIPASSANA institutes.

.

Even if I have understood how to observe breath at the upper lips below the nostrils, without creating the SANKHARA or TINNITUS issue, I still am not happy about explaining it, because it requires breath to be observed in

such a manner that it does not cause any friction or resistance during the observation, and I believe it is NOT EASY TO EXPLAIN that to SADHAK's.

.

For those SADHAK" S, who are pursuing the ANAPANA breath observation, I have the following additional information to inform you which is based on SUBTLE OBSERVATION OF BREATH at nose tips or at the upper lips:-

.

After the "touch of breath" is observed at nostril doors or nose tips, one begins to feel vibrations, and as we were informed during the vipassana course after the vibrations are felt on upper lips or at nose tips, one shall then move to vipassana BODY SCAN from top of head to bottom feet and reverse, and continue to observe sensation along the way, moving the inner vision or mind's eye, swiftly over any incident or sensation that are being felt during the body scan, and continue to repeat the scan several times within 1.5 hours that is allotted to the body scan.

.

Now Monks, this type of observation of sensations during the body scan after the vibrations are felt, is known as SUBTLE OBSERVATION OF SENSATIONS, and what happens here is that, since millions of NEURONS that are responsible for BRAIN PERCEPTION of different types of sensations that are occurring within the body, and after the BRAIN perceives these neurons that have brought specific information about SENSATIONS, these are then COGNISED INTO CONSCIOUSNESSES and these CONSCIOUSNESSES are then reflected back to the INNER VISION so that the inner vision is made AWARE of the CONSCIOUSNESSES in the form of SENSATIONS that are arising and passing away on the body.

.

Now, Monks, Sensations are USUALLY felt in GROSS FORM in real life, but having observed several body scans after the vibrations on nose tips, one now feels the ENTIRE FLOW OF NEURONS traveling at faster speed and are being felt across the body as waves and vibrations [this usually happen in sleep position but can be felt all day many times], and in such a STATE OF THE BODY, this is a SUBLE OBSERVATION of SENSATION that is available to the SADHAK for OBJECTIVE OBSERVATION that is done with EQUANIMITY. In this case, the GROSS SENSATION OF INTENSE PAIN is BROKEN into SEVERAL SMALL nodes/needles of PAIN and they are felt like "**SWEET and TINGLING PAIN**" instead of 'intense gross pain' that is

felt if the sensation is GROSS. Thus, monks, it is easy to observe the PAIN which is now broken into several small nodes and is being felt with SWEET and TINGLING pain, rather than one large intense gross form of PAIN.

.

I shall now instead use "HARE KRISHNA MANTRA taught in KRISHNA CONSCIOUSNESS", for 30 minutes before moving to body scan in my regular life of meditation practices as I do not want to be bothered by activation of tinnitus due to ANAPANA which continues to baffle me as after TINNITUS Issue I have not been able to perform ANAPANA for long durations of time.

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When to Apply DISTANCE AWAY v/s Objective Observation and Equanimity- March-7-2024

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Monks;

In the words of the Blessed ONE, BUDDHA, LET GO of FORM (Any contact with BEINGS or tactile objects), LET GO of FEELINGS (all 6 sense media), Let go of Perceptions (Brain analysis), let go of Reactions aka volitional acts, and this is how one lets go of CONSCIOUSNESSES since all the above elements of the SELF are let go, there is NO formation or fabrication of CONSCIOUSNESSES.

Monks, this is DEATHLESS existence, the STILL and MOTIONLESS existence of a sentinel being, this is a blissful and tranquil state as one experienced after stilling of 6 sense media where the formation of CONSCIOUSNESS has been stopped.

.

But Monks; **The question arises WHEN to observe "Objective observation and Equanimity", and WHEN to observe this LET GO feature as explained by the Blessed one BUDDHA in different situations one faces in day-to-day life?**

.

Monks;

There are 2 different scenarios here,

ONE, where beings are being affected by the thoughts and body sensations that have already been COGNIZED into CONSCIOUSNESSES, and since these CONSCIOUSNESSES are afflicted or conditioned, they continue to ARISE, PERSIST for a while and cease as per the law of nature. These are the ELEMENTS OF THE SELF that are "already manufactured", and LOCALISED within the BODY of a SENTINEL BEING due to past interactions;

IN THIS CASE, WE APPLY DISTANCE AWAY APPROACH towards mental contents and body sensations that are the result of past interactions, by immediately and **EXPLICITLY,** shifting attention to the CHANT MANTRA WORD of '**HARE KRISHNA**' or '**ANITYA**' - meaning impermanent nature of arisen CONSCIOUSNESS that shall pass away soon' "OR chant word of '**RADHE RADHE**", and we continue to chant the mantra word till the past CONSCIOUSNESSES have mellowed down or subdued by constant chanting.

.

SECOND, where a BEING is creating "NEW elements of the SELF" or experiencing a "new phenomenon", for example, upon TOE being HURT by a forceful CONTACT with the STONE or EARTH, the BEING is now generating SENSATIONS OF PAIN, numbness, throbbing, vibrations at the hurt body part.

IN THIS CASE, WE "Objective Observation and Equanimity" and we continue to observe the inflicted body part, observing every sensation that is arising and passing away within the affected area, moving inner vision swiftly over every incident maintaining absolute "Objective Observation and Equanimity",

.

Thus Monks; When affected by thoughts, animated visual images inside the mind, or when affected by the PAST thoughts, or an ITCH, or PAIN that is the result of past interactions, ONE SHALL IMMEDIATELY APPLY the DISTANCE AWAY approach and **EXPLICITLY** turn the mind's attention to the CHANT MANTRA WORD of 'HARE KRISHNA' or 'ANITYA' - meaning impermanent nature of arisen CONSCIOUSNESS that shall pass away soon' "OR chant word of 'RADHE RADHE" till the chant mantra has been able to pREVAIL OVER THEESE past CONSCIOUSNESSES.

.

In the same way Monks; when dealing with a phenomenon that is occurring in the present moment where NEW ELEMENTS OF THE SELF ARE BEING FORMED, the FIRST LINE OF ACTION shall be to observe the MENTAL CONTENTS and BODY SENSATIONS that are arising during the interaction, by maintaining absolute "Objective Observation and Equanimity", and once done with it, one can then move to DISTANCE AWAY APPROACH if these continue to affect as a part of past interactions.

.

To summarise this, BODY SENSATIONS and MENTAL CONTENTS are always approached with a DISTANCE AWAY APPROACH, as these are seen as IMPERMANENT and no reaction whatsoever shall be applied to them so as to NOT INTENSIFY THEM, similarly, ALL PHENOMENON as they occur in the PRESENT MOMENT AS A NEW EXPERIENCE, are approached with "**Objective observation and Equanimity" factors by not creating craving/aversion/delusion [I, me, mine], and clinging towards them. The same phenomenon when turned into past experiences, then again, the DISTANCE AWAY APPROACH is applied to them in the form of EXPLICITLY shifting the attention immediately to the chant mantra word.**

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CONSCIOUSNESSES of the UNIVERSE - BRAHMAN V/S SOUL experience - March-8-2024
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Monks,
Inner vision, wisdom, and consciousness are the elements of BRAHMAN.
EGO is absent in the case of the BRAHMAN the highest SELF.
Inner vision, wisdom, consciousness, and "EGO" are the elements of the SOUL, and MATERIAL CONSCIOUSNESSES.

.

□□, □□□□□□,□□□□□,□□□□□□ are the elements of the SOUL aka □□□□□, and MATERIAL CONSCIOUSNESSES aka living entity.

□□, □□□□□□,□□□□□ are the elements of the BRAHMAN, □□□□□□ **aka** EGO is absent in the case of the BRAHMAN the highest SELF.

.

The CONSCIOUSNESSES coming from every ENTITY of this UNIVERSE is being REFLECTED TO THE inner vision of the BRAHMAN, the highest SELF,
Similarly, CONSCIOUSNESSES coming from the ENTITIES acquired by the SOUL also are first reflected to the SOUL and from there to the BRAHMAN,
.
CONSCIOUSNESSES are reflected to the SOUL from MATERAIL-CONSCIOUSNESSES, and from the SOUL they are reflected to the BRAHMAN if the entity aka MATERAIL-FORM is acquired by the SOUL.
CONSCIOUSNESSES are DIRECTLY reflected to the BRAHMAN for those material forms or entities NOT ACQUIRED by the SOUL.
.
But there is a difference here Monks,
While the SOUL which has acquired HOLD of the ENTITY is expereincing the MISERY faced by the MATERIAL FORM in REAL-TIME as if the misery is being caused to the SOUL, the BRAHMAN is able to experfeince it without feeling the MISERY caused by the material form, although the BRAHMAN can OBSERVE it completely as a DOCTOR would observe the wounds of the patient, detached.
.
Just like we would watch a MOVIE and not be affected by it, in the same way, CONSCIOUSNESSES from the material forms of the universe are made available to the BRAHMAN.
But, in the case of the SOUL, the SOUL is made to feel the actual misery being felt by the material form in real-time, and this is BECAUSE, SOUL has acquired the ENTITY by FORMING ONE OF THE EGOS aka EGO-CONSCIOUSNESSES with the acquired entity, and monks, once an EGO is formed, one then one becomes responsible for that EGO whenever that EGO is challenged to inflicted in any FORM.
.
It is for that EGO aka CONSCIOUSNESSES, the SOUL ALTHOUGH FORMLESS, is made to experience reflected CONSCIOUSNESSES exactly as the material form is experiencing it along with the miseries, and that is why SOUL feels every misery being felt by the material form as if the SOUL is the one expereincing it in the REAL TIME.

.
Monks; the SOUL feels the PAIN, it is made to feel the mental contents aka

anxieties, fears, anger, it is made to feel the damage caused to the material form body, although the SOUL is formless, but by the grace of EGO-CONSCIOUSNESS, it is made to feel the actual misery as is being felt by the material form in real time.

.

The BRAHMAN on account of the EGO-LESS, FORM-LESS avatar simply observes the consciousness reflected to it as just an detached experience as an AWARENESS made available to the inner vision of the BRAHMAN

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ANATOMY of CHANTING - Resolution of CONSCIOUSNESSES that are CONDITIONED- March-10-2024

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Monks;

The LAW OF NATURE is thus, that the Inner Vision always is seeking some or other CONSCIOUSNESSES, and that is why you see, one keeps switching from ONE AWARENESS to ANOTHER, and most of the time these AWARENESSES are of MISERABLE NATURE.

.

Monks; CONSCIOUSNESSES COGNISED IN THE PAST or being created in the present moment, shall be made available to the INNER VISION aka AWARENESS from time to time, and these awarenesses persist for a while. Then shifting to the next awareness, this is the cycle one keeps attending to the whole life.

.

Now Monks; **what is the FOOD FOR AWARENESS?**

CONSCIOUSNESSES is the answer. As and when the CONSCIOUSNESSES are made available to the AWARENESS, one keeps feeling the effect of the same, and since most times these awarenesses are attending to the CONSCIOUSNESSES that are afflicted or conditioned, conditioned by craving/aversion/delusion (I, ME, Mine), and clinging, and thus, one is always miserable.

.

So Monks; **How do we come out of this miserable cycle, where AWARENESS keeps us busy attending to the one or other conditioned or afflicted CONSCIOUSNESSES?**

.

Monks; **CHANT WORDS** or **CHANT MANTRA** are of BLISSFUL or NEUTRAL CONSCIOUSNESSES, and **it is already established that CONSCIOUSNESSES of the type BLISSFUL or NEUTRAL CONSCIOUSNESSES are the RESOLUTION FOR CONSCIOUSNESSES that are CONDITIONED or AFFLICTED.**

.

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SOME OF THE CHANT WORDS OR CHANT MANTRA one can use to shift the attention

to the CONSCIOUSNESSES of type blissful or neutral is as follows:-

==========

HARE KRISHNA MANTRA ("**Krishna CONSCIOUSNESS**")

HARE KRISHNA

OM NAMAH SHIVAY

RADHE RADHE

ANITYA (SANSKRIT- Impermanent nature of the CONSCIOUSNESSES and the knowledge that these shall pass too soon)

ANICCA [PALI] (Impermanenet nature of the CONSCIOUSNESSES and the knowledge that these shall pass too soon)

.

Therefore Monks; I ask you to always SHIFT the attention to any of the chant mantras, always chanting spoken words or within the mind or inside the mind (inner mind chant), and **to keep the EXPERIENCE OF CHANTING AFRESH ALWAYS, one shall KEEP SWITCHING FROM ONE CHANT WORD to ANOTHER during the chanting, making sure to FOLLOW THE RULES OF CHANTING.**

.

And **WHAT IS THE RULE ONE MUST FOLLOW DURING THE CHANTING?**

That Monks, Any chanting done while interacting with the WORLDLY MATTER, alongside thoughts is a CHANTING GONE WASTE, this type of chanting shall not give you any result.

That monk; While chanting with spoken word, one must LISTEN or HEAR their OWN CHANT VOICES, ensuring that while chanting, one only listens to the VOICE CHANT and NOTHING ELSE.

That Monks; While doing INNER MIND CHANT [chanting inside the mind), one must READ or SEE the ENTIRE CHANT WORD, making sure that while chanting, one SEES and READS THE ENTIRE CHANT WORD during the inner mind chant of the chant mantra or the chant word.

.

Monks, this is the ONE WAY AND SIMPLEST and DIRECT PATH TO LET GO OF forming of the NEW elements of the SELF or new sense impression and subsequent CONSCIOUSNESSES, as in the WORDS OF THE BLESSED ONE, the MATERIAL WORLD interactions must be let go, to discover the SELF that is acquiring the material form, and for that one must let go of all the 5 elements of the SELF, in the world of mind and matter and phenomenon.

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Therefore Monks, Keep chanting one or other chant mantra always, 24/7, to always shift the attention of the inner vision to the CONSCIOUSNESSES of type blissful or neutral to subdue or mellow down the miseries.

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Why does a NON-VEDANTA knowledgeable person write on CONSCIOUSNESSES
and other spiritual and medical issues?- March-12-2024
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Monks;

I am a BIG FAN of SWAMI SARVAPRIYANANDA (VSO-NY) and Shri SADHGURU Ji and Shri S.N Goenka Ji (VIPASSANA) and Shri Sri Sri Ravi Shankar Ji, and I regularly follow them and try to understand their replies on spiritual science topics. Apart from these, I am a BIG follower of ISKCON

and KRISHNA CONSCIOUSNESS.

.

TODAY March-12-2024, (VSO-NY) I HEARD 'another respected SWAMI Ji', who was being insecure about vloggers writing on medical issues and spiritual science topics, instead of cribbing in such an ignorant way, I want a learned person like him to find out faults in what I write so that I can correct those.

.

I write to complement the MONKS so that they are helped by my scientific understanding of VIPASSANA and KRISHNA CONSCIOUSNESS, and other such topics which I write only after SELF REALIZATION.

.

Therefore, SWAMI JI, please do not be insecure about these, My writing shall help you and not make you insecure. I AM IN A WAY SELF-REALIZED PERSON and I do not write just based on ad-hoc understanding of the same.

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***** SUCH INSECURITIES from a few of the insecure Monks is the reason VIPASSANA DISAPPEARED FROM INDIA for 2500 years, please do not make the same mistakes again ****

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.

My TEXT on spiritual science and medical science shall not make you insecure as I write only to COMPLEMENT your and other monks' esteemed knowledge on SPIRITUAL TOPICS.

.

And I must inform you that I WRITE NOT ONLY FROM an intellectual UNDERSTANDING of these topics, I WRITE ONLY AFTER A SELF REALIZATION of any of these topics.

.

Monks; Having suffered MEDICA ISSUES and finding how the medical industry works purely based on the "LINE OF TREATMENT", that does not provide a cure but manages the issue for a life-long, I then approached AYURVEDA and got rid of all the ailments that I was suffering from, for which DOCTORS would provide Pills that I must take for lifetime. It then became my responsibility to guide others about the perils of the medical industry which purely works on COMMERCIAL PRIORITIES and has come out with a “line of treatment” for which a patient must visit them twice a month.

.

And Monks, I write only after I found out the mechanism to rid these based on **AYURVEDA's 'food as medicine principal',** and NOT JUST BASED ON

intellectual UNDERSTANDING and GOOGLE SEARCH FOR THE SAME.
.
I WRITE ONLY AFTER SELF-REALIZATION and not just based on intellectual learnings, YOU ALL MUST UNDERSTAND THIS CLEARLY.
.
And YES, I only know VIPASSANA and nothing else, and I practice it daily 24/7, and only after the SELF REALIZATION I start to WRITE the various TEXTS on CONSCIOUSNESSES and I can tell you firsthand, that what I write has never been explained this way by any other monks, and I write only to complement the MONKS and not make them insecure about the same, to help them understand the spiritual science in a manner that was not explained like this ever before.
.
RESPECTED SWAMI JI, therefore please throw away your arrogance and start to read my text with an open mind, and I AM VERY SURE, it is HELPING A LOT OF MONKS and it will also help you also.
.
REGARDS

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Why DO I CLAIM "SOCIOPATHS/NARCISSISTS/PSYCHOPATHS"

are NOT ACQUIRED BY THE SOUL?- March-12-2024

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Monks;

"BRAHMAN" is one of the element of the every entity of the UNIVERSE or a MATERIAL-FORM aka BEINGS/ ANIMALS/ FIXED-SELF'S like (MOUNTAINS/ TREES).

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And Monks, **Why are ANIMALS called as "ANIMALS", or GROUPED INTO "ANIMALS"?**

BECAUSE MONKS, they look and behave EXACTLY in the SAME manners

BECAUSE MONKS, ALL SHEEPS look and behave exactly in the SAME manners

BECAUSE MONKS, they LIONS look and behave exactly in the SAME manners

.

And then Monks, **Why Are TREES called AS "TREES"?**

Because ALL BANYAN TREES LOOK AND BEHAVE IN the SAME MANNERS

BEcause ALL MANGO TREES LOOK AND BEHAVE IN the SAME MANNERS

.

AND MONKS, **can we then say that these above entites (ANIMALS, TREES) are acquired by the SOUL?**

NO MONKS, as the journey of SOUL starts by acquiring or taking HOLD of one of the HUMAN-FORM through the EGO-CONSCIOUSNESS so that it can finally merge with BRAHMA by following the path of NIBBANA and SELF_REAIZATION. **A SOUL CAN NOT achieve nibbana or self-realization through ANIMAL BODY or TREE BODY.**

.

Similarly Monks;

IF, there are HUMAN-FORMS in the GROUP "**SOCIOPATHS/NARCISSISTS/PSYCHOPATHS**", then the first question that arises is **WHY are "SOCIOPATHS/NARCISSISTS/PSYCHOPATHS" grouped, just like SHEEP and GOATS are grouped as ANIMALS, BANYAN TREE and MANGO TREE are grouped as TREES?**

.

What I am trying to say here is that HUMAN FORMS with SPECIFIC FEATURES are being grouped as SOCIOPATHS/NARCISSISTS/PSYCHOPATHS, just like all GOATS are grouped under ANIMANLS, All Banyan Trees are grouped under TREES.

.

And, **Why do all "Banyan Trees" and "All Goats" Look and behave EXACTLY in the same ways, Monks?**

Because DEFAULT CONSCIOUSNESSES that is given to these material-FORMs after the birth is EXACTLY THE SAME as given to the other GOATS and Other Banyan Trees.

.

And, Just like ALL BANYAN TREE and ALL GOAT ANINALS behave and look in the same way, these SOCIOPATHS/NARCISSISTS/PSYCHOPATHS EXACTLY BEHAVE IN the SAME WAYS, although they are in human form by appearance, they have different looks, But just like animals and trees have FIXED CONSCIOUSNESS and are not acquired by the SOUL, in the same way, these HUMAN FORMS in the CATEGORY of "SOCIOPATHS/NARCISSISTS/PSYCHOPATHS" are supplied fixed CONSCIOUSNESS and since they are NOT acquired by the SOUL, they continue to behave exactly the same way just like all animals and trees behave in the same ways.

.

Monks; YOU NEED TO GET AQUANITED with people who are accustomed to these SOCIOPATHS/NARCISSISTS/PSYCHOPATHS, and they will tell you that these monsters behave exactly in the same way no matter what, and just because they are in HUMAN_FORM and not in ANIMAL FORM, we get confused and treat them as HUMANS, although, in my opinion they should not be clubbed under the NON-HUMAN-FORMS.

.

All HUMAN FORMS are acquired by the SOUL, and SOUL having recognized the NON-HUMAN-FORMS in the category of "SOCIOPATHS/NARCISSISTS/PSYCHOPATHS" does not acquire them as they know that their whole life cycle will be wasted if they acquire a HUMAN-FORM which is actually an ANIMAL_FORM in the guise of a HUMAN-FORM

HUMAN FORMS that are actually the animal forms in the category of "SOCIOPATHS/NARCISSISTS/PSYCHOPATHS" are NOT acquired by the SOUL, as SOUL can only acquire the HUMAN form and not the animal form in the guise of HUAMN-FORM to complete its journey of NIBBANA and SELF-REALIZATION and finally merge with the BRAHMA.

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DREAMS aka DREAM-consciousness EXPLAINED through

"4 noble truths"/12 dependent links/5 elements of the SELF

and the "CONDITIONED consciousness" - March-15-2024

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Monks; DREAMS are manifestations of a very STRONG consciousness that has taken birth in our MIND. And, **How the "STRONG consciousnesses are FORMED**? you may read my past blog posts, please.

.
FEW DREAMS EXAMPLES ARE **SENSUAL DREAMS, FEARFUL DREAMS, ANGER in DREAM, CONFRONTATION DREAMS**, and so on.
.
Now Monks; I have to give you a very "**GROSS example**", because I think this EXAMPLE although is GROSS, is the simplest way to explain the MANIFESTATION OF A DREAM PROCESS.

.
Let us consider the example of a STRONG SENSUAL DESIRE DREAM which we experienced in our younger days that MANIFESTED INTO FORMATION OF "SENSUAL-DESIRE-THOUGHT-consciousness" ;

.
. **2 LAWS we apply to understand the DREAM process;**
1) "**The LAW of 4 NOBLE TRUTHS"**- MISERY, cause of MISERY, CESSATION OF MISERY, and PATH TO THE CESSATION OF THE MISERY
2)All **"Conditioned Consciousness"**. ARISE-PERSIST for a WHILE and CEASE till they are RESOLVED as per their manifestation process/ how the consciousness is programmed during its birth decides the manifestation process.
.

."**The LAW of 4 NOBLE TRUTHS"**
1-MISERY-Creation of SENSUAL-DESIRE and SUBSEQUENT RELEASE through the THOUGHT/DREAM PROCESS is how a SENSUAL-DESIRE-THOUGHT-consciousness is formed.
2-Cause of MISERY- Its Origination is ROOTED in FREQUENT

ATTENTION TO THE SENSUAL DESIRES which trigger STRONG sensual-BODY-sensations within the BODY.
3-CESSATION OF MISERY- cessation is acknowledged when the SENSUAL-DESIRE IS RELEASED through the SENSUAL THOUGHT PROCESS along with the volitional act of MASTURBATION, as STRONG BODY SENSATIONS triggers the need for a volitional act of masturbation through the sensual-thoughts-process
4-PATH TO THE CESSATION OF THE MISERY- The path to the cessation of "SENSUAL-DESIRE-THOUGHT-consciousness', is a MANIFESTATION OF Thought process with sensual images leading to the volitional physical act of MASTURBATION
.

.
Monks; This is a "**CONDITIONED consciousness",** afflicted by a VERY STRONG SENSUAL-DESIRE, as most of us have experienced in our younger days, where one indulges in the above ACT of "SENSUAL-DESIRE-THOUGHT-consciousness" several times and thus is now a slave to this process till the "SENSUAL-DESIRE-THOUGHT-consciousness" is RESOLVED through EQUANIMITY and OBJECTIVE OBSERVATION.
.
Now, let's COME BACK TO THE SENSUAL-DREAM process where one GOES INTO THE SENSUAL-DREAM during sleep and finds the RELEASE OF SENSUAL DESIRE through the dream process;-

.
Now, SENSUAL DREAM is a MANIFESTATION of "SENSUAL-DESIRE-THOUGHT-consciousness", where somehow the volitional act, 3rd step of '4-noble-truth' leading to cessation is NOT BEING PERFORMED, and thus, although the SENSUAL-DESIRE-THOUGHT-consciousness" CONTINUES TO ARISE, the volitional act [3rd and 4th step of 4 noble truths,], that shall lead to its CESSATION IS MISSING.
.
Monks, **THE BRAIN PERCEIVES,** BRAIN PERCEIVES that ARISEN "SENSUAL-DESIRE-THOUGHT-consciousness" must be resolved by the principle of "conditioned consciousness" and by the 3rd and 4th act of "4 NOBLE TRUTHS", cessation of this conditioned consciousness must be achieved, which is now a MISERY.
.
In this case Monks; THE BRAIN then TAKES over the 3rd and 4th act of "4 NOBLE TRUTHS", and manifests its own "**DREAM sequence, as one would have done during step-3 of 4-noble-truths above"** where sensual images are created and brought inside the dream, and they basically help the name-form COMPLETE the "4-NOBLE-TRUTH" STEPS 3rd and step 4th, by the volitional act of masturbation, where sensual images are involved to get this job done, **and as soon as ALL the 4 NOBLE TRUTH STEPS are**

completed, THE DREAM HAS ENDED, one is back to the original world.

.

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Now Monks; **BY THE DOGMA OF EXAMPLES ABOVE**, I leave it to yourself to understand WHY FEARFUL DREAMS are caused, WHY ANGRY-DREAMS manifest, WHY CONFRONTATION in DREAMS manifest, and so on.

.

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AND BEFORE I FORGET, what is the cause of manifestation of the DREAM PROCESS?

Thus, the DREAM PROCESS is a manifestation of UN-RESOLVED "CONDITIONED-consciousness" or to be precise "incomplete 4 noble truth steps that this conditioned consciousness is seeking", which triggers BODY-SENSATIONS leading to the formation of DREAM SEQUENCE during sleep, where one is then made to undergo a manifested dream sequence with animated images of the same situation as is conditioned inside the specific "CONDITIONED-consciousness" which caused the DREAM PROCESS.

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Also; **Let's understand the formation of "SENSUAL-DESIRE-THOUGHT-consciousness' through 12 -DEPENDENT Links- Or the LAW OF DEPENDENT LINKS:**

If there is consciousness aka SENSUAL-DESIRE-THOUGHT-consciousness

there is NAME_FORM with 6 sense media,
Through THOUGHTS of sensual desires, there is CONTACT with BRAIN
Through CONTACT ARISES FEELINGS

FEELING IS THE CAUSE OF BODY SENSATIONS (urge to indulge in sensual act)

BODY SENSATIONS results in CLINGING (sensations have become STRONG here, there is no going back now)
CLINGING is the cause of BECOMING (Volitionbal act of masturbation performed)

BECOMING is the cause of BIRTH OF consciousness aka "SENSUAL-DESIRE-THOUGHT-consciousness"

and if there is a BIRTH, then there is AGEING, the continuation of the SENSUAL-DESIRE-THOUGHT-consciousness till it has been resolved.
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Also, Let's understand SENSUAL-DESIRE-THOUGHT-consciousness through "5-KHANDAS or 5 elements of the SELF";

5 Aggregates of the SELF (Form, Feelings, perceptions, volitional act, consciousness)

FORM= "SENSUAL DESIRE"

FEELING= through the BODY triggers STRONG SENSATIONS to indulge in sensual act

PERCEPTION = here, BRAIN PERCEIVES that now there is a need for a thought process aka DREAM PROCESS leading to the volitional act.

Volitional Act = The Actual masturbation act is performed to signal the end of the desire

consciousness= The CONDITIONED consciousness with the above steps is now COGNISED
.

AND SINCE THIS consciousness is conditioned, it shall continue to arise from time to time, till it has been resolved either as in the steps above or through the EQUANIMITY and OBJECTIVE OBSERVATION.

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BRAHMAN and the SOUL- March-17-2024

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Swami JI,

YES, WE ALL ARE "BRAHMAN", as "BRAHMAN" is ONE OF THE ELEMENT IN EVERY ENTITY that EXISTS in this universe.

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Monks,

If there is a STABLE owned by a MAN with 100's of HORSES, and these HORSES ROAM AROUND FREELY within the limited space owned by the MAN they eat, run and live merrily.

One day Monks, one of the horses is then SOLD to ANOTHER MAN, and NOW THIS HORSE IS OWNED BY this MAN who shall RIDE it, feed it, and have experience out of this ANIMAL till the ANIMAL dies.

.

In the SAME WAY monks,

"BRAHMAN", is ONE OF THE elements IN EVERY ENTITY that is BORN in the universe, and although BRAHMAN is the owner of them, "**BRAHMAN NEVE FORMS AN EGO" WITH THESE ENTITIES**. And then one day, one of these LIVING ENTITIES (mostly human forms) is ACQUIRED BY THE SOUL, from then on, SOUL rides this HUMAN BEING (all 6 sense media), SOUL experiences the material world and the WAY TO THE NIBBANA through this acquired body so that after severing the fetter and bonds of the material world, SOUL goes back and merges with highest SELF aka the BRAHMA.

.

Only in this case MONKS, "**SOUL forms an EGO with the acquired human-form"**, as per the law of nature the SOUL can now get released from this acquired human-form only after the DEATH OF THE MATERIAL FORM aka BODY. And just like a MAN first TAMES the HORSE-ANIMAL so that it rides according to his will, a SOUL must also tame the acquired MATERIAL-FORM (6 sense media), so that it can choose the right path towards the Nibbana. And just like un-tamed horses behave as per their whims and fancies and become a misery for the owner, in the same way, monks, un-tamed acquired human form, wastes or delays the SOUL'S journey towards the NIBBANA.

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The consciousnesses from the human-forms that are "NOT ACQUIRED BY THE SOUL", are refleceted back directly to the BRAHMAN-consciousness so that BRAHMAN is always AWARE of non-acquired human-forms.

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The consciousnesses from the human-forms that are "ACQUIRED BY THE SOUL", are reflected FIRST to the SOUL-consciousness and from there to the BRAHMAN-consciousness or one can say that human-form consciousnesses are being reflected to BOTH, "The BRAHMAN' and "The Soul".

.

SOUL is the one that operates HUMAN-FORMS through EGO-consciousness.

ALL other NON-ACQUIRED Human-Forms LIVE PURELY A MATERIAL LIFE, just like ANIMALS, they eat, grab and live.

.

THE LAW OF KARMA APPLIES ONLY TO THE SOUL, and the LAW OF LAND is what is applied to the non-acquired human-forms.

.

Monks; You must have noticed that there are BEINGS who upon getting thoughts of doing something wrong are prevented by another thought that tells them this is WRONG. This happens as although the material-form wants to commit a wrong doing, but the SOUL that has acquired it, informs it of the WRONG nature of the deed that he might commit. Thus, HUMAN-FORMS that are acquired by the SOUL are always guided by the SOULS WISDOM accumulated over several appearences of the SOUL with several human-form birth and death cycles.

.

The SAME is NOT THE CASE WITH human-forms NOT acquired by the SOUL. When the thought of wrong doings comes to their mind, they are ONLY PREVENTED by the SURROUNDING CONDITIONS, surrounding people reactions towards their actions and the LAW OF THE LAND that instills fear in them of committing these wrong doings.

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sentinel beings v/s Inert Objects // consciousness of Inert-non-living-Objects
V/s consciousness of Living-Entities - March-18-2024
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Monks;

Every Living-entity or an INERT-Non-Living-OBJECTS is made of BUNDLE OF CONSCIOUSNESSES.

CONSCIOUSNESSES can only be reflected to the inner vision as No_SELF, which means INNER VISION is a MUST as an element of EXISTENCE if one were to notice the presence of the CONSCIOUSNESSES.

.

And Monks, **Why are objects called "INERT-Non-Living-OBJECTS"?**

Because they cannot PERCEIVE,

and **why the "INERT-Non-Living-OBJECTS" cannot perceive?**

Because there is a LACK OF BRAIN as one of the sense spheres.

.

Just like a BRAIN-DEAD person himself becomes "INERT-Non-Living-OBJECTS", in the same way, mountains, rocks, tables, chairs, and Podiums are seen as "INERT-Non-Living-OBJECTS", for the LACK OF BRAIN as one of sense sphere.

.

Inner vision, wisdom, and consciousness are the elements of BRAHMN. EGO is absent in the case of the BRAHMN the highest SELF.

Inner vision, wisdom, consciousness, and "EGO" are the elements of the SOUL, and living entities aka living-MATERIAL-CONSCIOUSNESSES.

.

INERT OBJECTS or INERT-Non-Living-OBJECTS have 'NO ' "Inner vision, wisdom or EGO", there is ONLY ONE ELEMENT CONSCIOUSNESS **aka INERT-Non-Living-OBJECTS-Consciousness, and there are NO SENSE SPHERES. Thus, there is NO MECHANISM available to reflect** CONSCIOUSNESS and acknowledge its presence to the SELF that is "**INERT-Non-Living-OBJECT" for the lack of inner vision as one of the necessary elements that declare its presence.**

.

Monks, the BRAIN as one of the sense spheres, is needed to label the changes in CONSCIOUSNESSES that must be reflected to the inner vision of the SELF and the HIGHER SELF in the case of living-entities. The BRAIN PERCEIVES Monks, and what the brain perceives is reflected back to the INNER VISION of the SELF and the inner vision of the HIGHER SELF (BRAHMN)

.

In the case of INERT-Non-Living-OBJECTS, there is NO SUCH MECHANISM to reflect the CONSCIOUSNESSES to the "INERT-Non-Living-OBJECTS" for the lack of inner vision, sense sphere, and the BRAIN. But this INERT-Non-Living-OBJECTS-CONSCIOUSNESSES is reflected back to the BRAHMN as BRAHMN does posses BRAHMN-Inner vision, BRAHMN-wisdom, and BRAHMN-consciousness, and all the creations of the UNIVERSE belong to the BRAHMN and thus, BRAHMN is always aware of the INERT-Non-Living-OBJECTS-CONSCIOUSNESSES.

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Only the BRAHMN, SOUL, and living-MATERIAL-entity-CONSCIOUSNESSES are aware of their existence through their inner vision where total-CONSCIOUSNESSES are being reflected.

The INERT non-living objects only have CONSCIOUSNESSES, and there is NO MECHANISM to make them aware of their existence for the lack of other elements of EXISTENCE or inner vision.

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Can you as a BEING see, if you do not have a EYE?

Similarly, all "INERT-Non-Living-OBJECTS" can not feel their presence because of the lack of eye or inner vision.

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Spiritual SCIENCE behind VIPASSANA INSIGHT MEDITATION aka BODY SCAN {MASS EDITOR of afflicted or conditioned CONSCIOUSNESSES]- March-19-2024

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**** Please read my post on- How to CLEANSE CONSCIOUSNESSES in my previous blog posts or articles ****

**** to TRANSCEND MIND [mental contents], MATTER {body sensations], and Phenomenon [wordly interactions], one must first learn to cleanse the CONSCIOUSNESSES through the technique of** VIPASSANA INSIGHT MEDITATION aka BODY SCAN that have accumulated by ignorance from birth till date**

Monks;

VIPASSANA INSIGHT MEDITATION aka BODY SCAN is taught in VIPASSANA COURSES, Many of us, just perform it without knowing the POWER or CAPABILITIES or MAGIC behind this technique.

I tell you Monks; Once the spiritual science behind this technique is understood and the NUTRIENT CONSCIOUSNESSES is decoded, then as per the statement of BLESSED ONE, there is nothing that remains to be said.

.

Monks;

We are a BUNDLE OF CONSCIOUSNESSES, millions of CONSCIOUSNESSES fabricated within the BODY, and to be precise CONSCIOUSNESSES are COGNISED out of 5 elements of the SELF aka the SENSE IMPRESSION accumulated through the 6 sense media (EYES-see visuals, EARS-hear, NOSE-smell, TONGUE-taste, BRAIN-perception and thoughts and the BODY-touch) for a specific phenomenon.

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Monks;

HEART is a phenomenon, KIDNEYS are a phenomenon, this material form aka BODY is a phenomenon, eyes are a phenomenon, and so on.

Thoughts are a phenomenon, all 5 elements of the SELF are a phenomenon, form (physical or logical) is a phenomenon, feelings through 6 sense media are a phenomenon, perceptions through the brain are a phenomenon, volitional acts/formation/fabrications (mental, vernal, and physical) are a phenomenon and the COGNISED CONSCIOUSNESSES from these elements is also a phenomenon.

Worldly interactions in a day to day life are also a phenomenon and from the PHENOMENON, various CONSCIOUSNESSES are COGNIZED.

.

All the CONDITIONED or AFFLICTED CONSCIOUSNESSES once fabricated have a FEATURE which makes it ARISE, PERSIST for a WHILE (impermanent nature of CONSCIOUSNESSES), and cease from time to time till they have been resolved to the BLISSFUL form or a NEUTRAL FORM.

.

Now Monks; **What is the cause of a MISERY?**

Since now we know that whatever we do, all we are doing is, CREATING CONSCIOUSNESSES every second, and during every interaction. And Monks, the FEATURE Of these CONSCIOUSNESSES shall be BLISSFUL or NEUTRAL so that they are NOT LABELED AS 'MISERY', but in real life due to the IGNORANCE we continue to CREATE CRAVINGS/AVERSION/DELUSION (I, Me, MINE and THEM) and CLINGING and this is the reason all the CONSCIOUSNESSES that are being formed are afflicted or conditioned.

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Now the FEATURE OF CONSCIOUSNESSES that makes it ARISE AND PASS AWAY, is responsible for the MIND AND BODY effect of the same.

If the FEAR arises, it creates CHILLS and other SENSATIONS on the BODY.

If the ANXIETY arises, it creates ANXIOUS feelings and other SENSATIONS on the BODY.

Similarly, the BODY DAMAGE also is reflected as CONSCIOUSNESSES to us, and our reactions to these fabricates various other CONSCIOUSNESSES and thus we always reacting and creating misery for us.

.

"**VIPASSANA INSIGHT MEDITATION aka BODY SCAN**", can be LABELED AS A "**MASS EDITOR of these CONSCIOUSNESSES**", where we turn these CONSCIOUSNESSES into the BLISFFUL or NEUTRAL FORM so that we are not affected by them upon their arising.

Just like DATA STORED of millions of NAME-FORMS, in a COMPUTER, if there is an error in the address FIELD/Column of millions of name-forms, where CITY has been left blank or wrongly labeled as another TEXT, then one can write a software program to UPDATE ALL THESE MILLIONS OF RECORDS in just a few second with correct CITY NAME, in the same way, monks; Conditioned or afflicted CONSCIOUSNESSES created from the birth till date due to the IGNORANCE, are CLEANSED of their affliction

through the TECHNIQUE OF VIPASSANA INSIGHT MEDITATION aka BODY SCAN.

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The LAW of NATURE makes all these conditioned CONSCIOUSNESSES to come to the surface of mind and body, and as soon as they are seen arising, we immediately apply OBJECTIVE OBSERVATION and EQUANIMITY FACTORS to these CONSCIOUSNESSES and CLEANSE them of their affliction and change them from the Conditioned or afflicted CONSCIOUSNESSES to blissful or neutral features.

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"Objective observation and equanimity are the TWO TOOLS that are used throughout the DHAMMA teachings of vipassana meditation"

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IN GENERAL, Monks, when performing the "VIPASSANA INSIGHT MEDITATION aka BODY SCAN"; During INSIGHT MEDITATION/Vipassana body scan method to observe SENSATIONS/Feelings aka CONSCIOUSNESSES on the body, the following example shall be applied to observe sensations and feelings and CONSCIOUSNESSES:-

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Just as, "when walking on hot coals, one must walk swiftly without pausing even for a second, and if one keeps the feet on burning hot ash/coals even for a seconds pause, there is a chance of feet getting burnt, similarly one who observes the arisen sensations with inner vision moving over the sensations on affected body part, one must not pause even for a second on sensations, but they must keep their inner vision moving over the sensations being felt, slowly and swiftly, moving slowly within inflicted area of body part affected by the sensations.

.

AND; when no sensations are found, one then simply continues to scan the body from top head to bottom feet [including hands], and as soon as sensations are felt on any part of the body then one must then jump to scan the afflicted body part, moving their inner vision slowly and swiftly over sensations within the inflicted area of body part, making sure not to pause their inner vision even for a second on sensations. This is repeated till the sensations have mellowed down. One usually starts the body scan from the

body locations with no sensations, then walks the INNER VISION over the sensation-affected body part and ends at the body part with no sensations when scanning the body parts for a manual scan.

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what are objective observation and equanimity?

An objective observer simply observes, DETACHED, all things as they are, without giving any opinion, does not give any emotional reactions, maintaining absolute equanimity by not creating any craving or aversion, delusion OR REACTIONS, towards the object of interaction or meditation (CONSCIOUSNESSES, phenomenon, sensations, mental hindrances). An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING. An Objective observer applies DETACHED AWARENESS.

.

It is understood that when one REACTS, he generates sankhara or mental defilements, but when one RESPONDS with AWARENESS, that every interaction with outside objects, or phenomenon, must not give rise to craving or aversion, delusion, and clinging, then one has understood EQUANIMITY. Thus, one shall RESPOND WITH AWARENESS and AVOID REACTING or creating AVERSION to any phenomenon or interaction with outside objects or persons, sensations, or CONSCIOUSNESSES, and when doing so he makes sure not to give rise to craving or aversion of any kind, this is EQUANIMITY as understood by sadak.

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WHAT REALITY is REVEALED through SELF-REALIZATION? March-20-2024

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BRAHMN is a creator, and every CREATION thus has BRAHMN as one of the elements of existence.

Now, **What is our TRUE REALITY [Absolute Reality]?**

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Sat-Chit-Ananda (□□□ □□□ □□□□) aka "truth consciousness bliss", "reality consciousness bliss", or "Existence Consciousness Bliss".

- **Meanings Taken from related web sites URL:**

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Sat: truth, absolute being or existence– that which is enduring and unchanging

Chit: consciousness, understanding, and comprehension

Ananda: bliss, a state of pure happiness, joy and sensual pleasure

.

To experience Absolute Reality aka sat-chit-ananda is the ultimate goal of the spiritual journey.

.

So Monks, when we are on a PATH towards SELF REALIZATION, and when we have TRANSCENDED MIND aka mental contents aka consciousness, Matter (Body- Body Sensations), and PHENOMENON (Wordly interactions), and as we slowly break the fetters that bind us to the MATERIAL NATURE born out of the 6 sense media, and once all the fetters and falseness of the material world are understood, The mind, matter and phenomenon are transcended, the ULTIMATE TRUTH in the form of Sat-Chit-Ananda is REVEALED as "Existence Consciousness Bliss" which is our true nature aka BRAHMN.

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How NEWLY formed Consciousnesses are conveyed to the INNER VISION? - March-21-2024

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Monks;

BRAIN PERCEIVES the new changes to the material form and these new changes are NEW-Consciousnesses that must be made available to the INNER VISION of the material form and the inner vision of the witnessing body, as and when new Consciousnesses are formed.

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If while walking on the road, one were to hit their TOE on a hard surface, and thus "NEW HURT TOE CONSCIOUSNESS" is formed which is BUNDLE OF SEVERAL CONSCIOUSNESSES in the form of PAIN/Numbness/Tingling pain/Vibrations/Throbbing, etc. In the background, several NEW ELEMENTS OF THE SELF are being formed at the hurt TOE location on the body which is subsequently cognized as "NEW HURT TOE CONSCIOUSNESS", and monks, CONSCIOUSNESSES therefore have their presence exactly at the location of the body where they are formed as several new elements of the SELF or 5 KHANDA'S.

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And, as the NEW CONSCIOUSNESSES are being formed, they are picked up by the BRAIN, which then informs the INNER VISION of new CONSCIOUSNESSES being fabricated, and are thus available to the WITNESS FORM'S Inner vision, where the WITNESS FORM on ACCOUNT OF EGO formed with ACQUIRED MATERIAL_FORM is made to feel the "NEW HURT TOE CONSCIOUSNESS", as is being felt or experienced by the material form.

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Now, **Let's understand how the "NEW HURT TOE CONSCIOUSNESS" is reflected to the inner vision of the WITNESS FORM, through the 5 elements of the SELF;**

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1)

FORM='NEW HURT TOE CONSCIOUSNESS-**1-PAIN**' (This is 'sub-CONSCIOUSNESS' within the NEWLY formed CONSCIOUSNESS at the hurt toe location')

FEELINGS= 'CONTACT of FORM is made with **BRAIN**, which is one of the 6 sense media"

PERCEPTION= 'CHANGES are being MADE to MATERIAL-FORM-Toe-LOcation in the form of "NEW HURT TOE CONSCIOUSNESS-**1-PAIN**"

VOLITIONAL ACT of formation aka understanding of "NEW **HURT-TOE-CONSCIOUSNESS-1-PAIN is now available**" to be reflected back to the inner vision' is performed

And from the above 4 elements 'NEW HURT TOE CONSCIOUSNESS' is COGNIZED and is then REFLECTED BACK TO THE INNER VISION of the WITNESS FORM.

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2)

FORM='NEW HURT TOE CONSCIOUSNESS-**2**-**NUMBNESS**' (This is 'sub-CONSCIOUSNESS' within the NEWLY formed CONSCIOUSNESS at the hurt toe location')

FEELINGS= 'CONTACT of FORM is made with **BRAIN**, which is one of the 6 sense media"

PERCEPTION= 'CHANGES are being MADE to MATERIAL-FORM-Toe-Location in the form of "NEW HURT TOE CONSCIOUSNESS-**2**-**NUMBNESS**"

VOLITIONAL ACT of formation aka understanding of "NEW **HURT-TOE-CONSCIOUSNESS-2-NUMBNESS"** is now available to be reflected back' is performed

And from the above 4 elements 'NEW HURT TOE CONSCIOUSNESS' is COGNIZED and is then REFLECTED BACK TO THE INNER VISION of the WITNESS FORM.

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Thus, "**NEW HURT TOE CONSCIOUSNESS**" is an **AGGREGATE** of several sub-HURT TOE CONSCIOUSNESSES (**1&2 as above**), COGNIZEd under one heading.

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Monks; CONSCIOUSNESSES or the changes to the MATERIAL-FORM are ARISING AND PASSING away every milliseconds and these are reflected back to the inner vision so that the witness form is always aware of the changes being done to the acquired material-form.

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And when the **BRAIN-IS-DEAD**, **PERCEPTION link in the above 5-elements of the SELF becomes VOID, and thus,** there are no subsequent volitional acts performed and no-CONSCIOUSNESSES are COGNIZED. The person although living, remains in the COMMA, where no physical, mental or verbal volitional acts are being performed, as the requisite condition to reach the last 2 elements [**VOLITIONAL ACT and** CONSCIOUSNESS] is not met, the PERCEPTION link must be made available via the BRAIN as one of the sense media to complete the 5-elements of the SELF.

In this condition of brain-death, , monks, there are no REFLECTIONS of material-forms-CONSCIOUSNESSES BEING MADE TO THE WITNESS FORMS inner vision, the WITNESS form is now FORM-LESS, but still, can not leave the acquired body till all the 6 sense media of acquired-material-form have stopped working.

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Understanding VIPASSANA TECHNIQUES in a few sentences-March-22-2024

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A SADHAK who wants to learn VIPASSANA techniques must make himself aware of the following;

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1) MindFulness meditation [ANAPANA or any other mindfulness meditation that can be followed without creating any stress on bodily functions)

2) Objective Observation

3) EQUANIMITY

4) 5-elements of SELF or 5 KHANDAS

5) SATIPATTHANA SUTTA

6) 4 Noble TRUTHS

7) 8 Noble Paths aka {to not create craving/aversion/delusion (I, ME, Mine and THEM) in every walk of life)

8) Mental Contents / Body Sensations / PHENOMENON

9) 12 DEPENDENT LINKS

10) Vipassana BODY SCAN [INSIGHT MEDITATION]

11) Meditating on STILLNESS along with "Vipassana BODY SCAN "

12) How to cleanse CONSCIOUSNESSES that are collected by ignorance from birth till date, using "Vipassana BODY SCAN ".

13) How to TRANSCEND MIND (Mental contents), Body Sensations, Phenomenon)

Mental contents are transcended as NO-SELF, void, an illusion, and just images

Body sensations are transcended, by shifting the awareness to the CHANT WORD of ANITYA or ANICCA as soon as their arising is noticed, even sublime experiences of body sensations must be avoided and sadhak must immediately shift their attention to the chant word of ANITYA or ANICCA.

PHENOMENON or WORLDLY INTERACTIONS are TRANSCENDED by making sure "not to create craving/aversion/delusion (I, ME, Mine and THEM) in every walk of the life"

14) Knowledge about 5 elements of the EARTH and 5-elements of non-SELF or 5 KHANDAS

15) Inner vision, wisdom, and consciousness are the elements of BRAHMAN. EGO is absent in the case of the BRAHMN the highest SELF.

16) Inner vision, wisdom, consciousness, and "EGO" are the elements of the SOUL and MATERIAL FORM aka this human body.

17) Any understanding of VIPASSANA topics and CONSCIOUSNESSES shall pass through 4 Noble TRUTHS//5-elements of SELF or 5 KHANDAS// 12 DEPENDENT LINKS (Along with the Reverse order)

18) SADHAK must learn "HOW the CONSCIOUSNESSES are formed in the first place, how they are cognized and how they are cleansed or made available to the INNER VISION or the WITNESS FORM)

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"**VIPASSANA INSIGHT MEDITATION aka BODY SCAN**", can be LABELED AS A "**MASS EDITOR of these CONSCIOUSNESSES**", where

we turn these CONSCIOUSNESSES into the BLISsFUL or NEUTRAL FORM so that we are not affected by them upon their arising.

Just like DATA STORED of millions of NAME-FORMS, in a COMPUTER, if there is an error in the address FIELD/Column of millions of name-forms, where CITY has been left blank or wrongly labeled as another TEXT, then one can write a software program to UPDATE ALL THESE MILLIONS OF RECORDS in just a few second with correct CITY NAME, in the same way, monks; Conditioned or afflicted CONSCIOUSNESSES created from the birth till date due to the IGNORANCE, are CLEANSED of their affliction through the TECHNIQUE OF VIPASSANA INSIGHT MEDITATION aka BODY SCAN.

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The LAW of NATURE makes all these conditioned CONSCIOUSNESSES to come to the surface of mind and body, and as soon as they are seen arising, we immediately apply OBJECTIVE OBSERVATION and EQUANIMITY FACTORS to these CONSCIOUSNESSES and CLEANSE them of their affliction and change them from the Conditioned or afflicted CONSCIOUSNESSES to blissful or neutral features.

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"Objective observation and equanimity are the TWO TOOLS that are used throughout the DHAMMA teachings of vipassana meditation"

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IN GENERAL, Monks, when performing the "VIPASSANA INSIGHT MEDITATION aka BODY SCAN"; During INSIGHT MEDITATION/Vipassana body scan method to observe SENSATIONS/Feelings aka CONSCIOUSNESSES on the body, the following example shall be applied to observe sensations and feelings and CONSCIOUSNESSES:-

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Just as, "when walking on hot coals, one must walk swiftly without pausing even for a second, and if one keeps the feet on burning hot ash/coals even for a seconds pause, there is a chance of feet getting burnt, similarly one who observes the arisen sensations with inner vision moving over the sensations on affected body part, one must not pause even for a second on sensations, but they must keep their inner vision moving over the sensations being felt, slowly and swiftly, moving slowly within inflicted area of body part affected by the sensations.

.

AND; when no sensations are found, one then simply continues to scan the body from top head to bottom feet [including hands], and as soon as sensations are felt on any part of the body then one must then jump to scan the afflicted body part, moving their inner vision slowly and swiftly over sensations within the inflicted area of body part, making sure not to pause their inner vision even for a second on sensations. This is repeated till the sensations have mellowed down. One usually starts the body scan from the body locations with no sensations, then walks the INNER VISION over the sensation-affected body part and ends at the body part with no sensations when scanning the body parts for a manual scan.

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what are objective observation and equanimity?

An objective observer simply observes, DETACHED, all things as they are, without giving any opinion, does not give any emotional reactions, maintaining absolute equanimity by not creating any craving or aversion, delusion OR REACTIONS, towards the object of interaction or meditation (CONSCIOUSNESSES, phenomenon, sensations, mental hindrances). An Objective observer DWELLS DETACHED AND CLINGS TO NOTHING. An Objective observer applies DETACHED AWARENESS.

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It is understood that when one REACTS, he generates sankhara or mental defilements, but when one RESPONDS with AWARENESS, that every interaction with outside objects, or phenomenon, must not give rise to craving or aversion, delusion, and clinging, then one has understood EQUANIMITY. Thus, one shall RESPOND WITH AWARENESS and AVOID REACTING or creating AVERSION to any phenomenon or interaction with outside objects or persons, sensations, or CONSCIOUSNESSES, and when doing so he makes sure not to give rise to craving or aversion of any kind, this is EQUANIMITY as understood by sadak.

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'Like CONSCIOUSNESS' / 'Like BODY' shall you get in next APPEARANCE or NEXT BIRTH- March-23-2024

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Momks;

We shall be cautious when creating the CONSCIOUSNESS, as CONSCIOUSNESS that is conditioned by CRAVING/AVERSION/DELUSION(I, ME, MINE) and CLINGING must acquire a BODY to get itself resolved either in this BIRTH of the BODY or in the NEXT BIRTH or the next appearance of the SOUL.

Let's say, a CONSCIOUSNESS of 'OWNING the CAR' aka "**CAR-OWNESHIP_CONSCIOUSNESS**" is BORN, and since the CONSCIOUSNESS born already has a NAME-FORM available in the present birth cycle of this body, it continues to arise persist and cease in this life cycle of the body. But if the CONSCIOUSNESS "CAR-OWNESHIP_CONSCIOUSNESS" was very strong and the death of the body occurred due to some reason without RESOLVING THE "CAR-OWNESHIP_CONSCIOUSNESS", then this "CAR-OWNESHIP_CONSCIOUSNESS" shall in the next birth, seek HUMAN-BODY-FORM which is required to RESOLVE the PENDING "CAR-OWNESHIP_CONSCIOUSNESS" as only human-BODY can buy the CARS.

.

Now, let's say a STRONG ATTACHMENT and LIKING is FORMED TOWARDS DOG-ANIMAL, and a name-form now owns a DOG and continues to have a very strong attachment to the animal, in this case, monks, the CONSCIOUSNESS that is created is conditioned by extreme love and craving for the DOG and hence this STRONG "DOG_CONSCIOUSNESS" may continue in next birth and shall seek the BODY of type DOG-ANIMAL to get it resolved. Nature says, that what you seek/love is what you shall get, and since you love DOG-CONSCIOUSNESS, then you shall get a DOG BODY in the next birth.

.

Monks, SHOWING COMPASSION towards all types of life is one thing, but craving and attachment and clinging to a specific LIFE-FORM creates SPECIFIC-LIEF-FORM-**CONSCIOUSNESS, and then, this type of CONSCIOUSNESS shall seek body type that matches the features of the CONSCIOUSNESS.**

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The LAW OF NATURE is clear here, once any CONDITIONED CONSCIOUSNESS is formed, then it must arise, persist, for a time,

and cease, and so the CONSCIOUSNESS seeks the BODY TYPE as per the FEATURES OF the CONSCIOUSNESS that is born.

Thus, craving to fly like birds or a love and attachment for the birds, shall create BIRD-CONSCIOUSNESS and upon the death of the body this BIRD-CONSCIOUSNESS shall seek the body of another BIRD and then continue till the death of the body has resolved the CONSCIOUSNESS.

Thus, craving to SURF ON the SEA or have a dream to swim like a FISH, shall create SEA-creature-CONSCIOUSNESS and upon death of the body this SEA-creature-CONSCIOUSNESS shall seek the body of another SEA-ANIMAL, and then continue till the death of the body has resolved the CONSCIOUSNESS.

Thus, craving to 'be born as a businessman", shall create "be-BUSINESSMAN-CONSCIOUSNESS and upon the death of the body, one is RE-born in another HUMAN-BODY as a "be-BUSINESSMAN-CONSCIOUSNESS shall seek the body of another human-body and then continue the life till the death of the body has resolved the CONSCIOUSNESS.

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That is why MONKS, the type of CONSCIOUSNESS you seek or create, is the CONSCIOUSNESS-BODY you shall GET upon the death of this body.

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There are cases of RE-BIRTH where there is a GAP of several decades, and this is because, the SOUL upon the death of the BODY, was seeking the body type of CONSCIOUSNESS that was created in the previous birth cycle, and unless all the strong NON_HUMAN-SEEKING-CONSCIOUSNESSES are resolved that SEEK non-human-forms to resolve them, the RE-BIRT or Re-APpearance of SOUL in another HUMAN-body is delayed.

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BE CAREFUL MONKS, of what CONSCIOUSNESSES you are SEEKING in this VERY BIRTH, as these are the CONSCIOUSNESSES that shall decide your next appearances and subsequent body you shall occupy in next birth cycles.

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SOUL or JUST EXISTENCE as CONSCIOUSNESS? Journey of SOUL V/S Journey of CONSCIOUSNESS- March-24-2024
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Monks;

Although my initial understanding was established as "CONSCIOUSNESS appearing as different name and forms", as per their FEATURES of **CONSCIOUSNESSES** acquired in present BIRTH CYCLE OF the BODY or the present Appearance of the EXISTENCE-FORM aka CONSCIOUSNESS, NEVERTHELESS, I ventured into the area of **SOUL CONCEPT** so that I could understand and explore the SOUL CONCEPT and its reality.

.

My understanding of 3 MAKS of existence as taught by the blessed one [BUDDHA] is clear, but these additional areas of understanding are only done to seek and understand various concepts of spiritual topics

.

Now, I still do not know or understand yet, if the SOUL concept is true or not, but this is the additional area that I ventured into, just for the understanding of various concepts that prevail in the spiritual area of various topics and therefore it is very much possible that WHAT I WRITE ABOUT topics other than the 3 marks of existence as taught by buddha, there is a greater possibility of ERROR OF UNDERSTANDING from my side on the topics other than the 3 marks of existence that I learned from techniques of VIPASSANA as taught by the BUDDHA the blessed one, and therefore I ask everyone to read these topics just for my understanding or my view of the same which MAY NOT BE CORRECT.

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As of now we are very clear that there is a MATERIAL-FORM, there is SUBTLE FORM- aka MATERIAL_CONSCIOUNESSES PLUS(+) EGO_CONSCIOUNESSEs reflected back to the WITNESS-CONSCIOUSNESSEs, and then there is a CAUSAL form aka the WITNESS BODY with its own WITNESS-form_INNER VISION, WITNESS-form_WISDOM with GUNA'S, WITNESS_CONSCIOUNESSEs and WITNESS-form_EGO and that various STRONG CONSCIOUSNESSES that we collect in the present cycle of BIRTH and DEATH of the body or material-form, and UPON DEATH of the body, this STRONG

CONSCIOUSNESS are reflected back to the WITNESS_FORM and are carried forward to the NEXT APPEARANCE of WITNESS-form, thus various CONSCIOUSNESS carried forward through the WITNESS-FORM are carried forward to the NEW BODIES as per the FEATURES of the WITNESS_CONSCIOUNESSES that needs to be resolved as per their features.

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In the YOUTUBE URL beloW "Swami Sarvapriyananda" talks about "The Path to Liberation: Practicing Vedantic Techniques for Realization"

Knowing oneself as JUST AN EXISTENCE-- "**No soul concept here"**, Just a consciousness, appearing as name-forms and acquiring the body as per the features of the **CONSCIOUSNESS** collected in present life cycle.

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Monks, Craving for the sea gets you one of the sea-animals-body, craving or attachment for a DOG gets you a dog-animal-body in the next birth, wanting to become a businessman or pilot or minister gets you a human body in the next birth or appearance of eternal CONSCIOUSNESS in various name-forms as per the strong consciousnesses collected in present life cycle.

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https://www.youtube.com/live/_9DSRvQFjEE?si=c5LAs55c0BR9tefy

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Why STRICTLY NOT TO USE any of body parts [attention to body part during the meditation]

OR body functions {EX. Breath] for meditation and constant attention- March-24-2024

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Monks;

I have learned by SELF EXPERIENCE and KNOWLEDGE and in a VERY HARD WAY, after suffering several times due to either attending to a body part for a long time during the meditation process or when attending to the BREATH which is VITAL BODILY FUNCTION of our existence, THAT ONE

SHALL NEVER ATTEND TO BODY PARTS OR BODY FUNCTIONS for long durations as there is a GOOD CHANCE OF "SANKHARA" OR MENTAL DEFILEMENT aka "CONDITIONED CONSCIOUSNESS" TO BE CREATED ON ACCOUNT OF THIS.

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Even during the INSIGHT MEDITATION or VIPASSANA BODY SCAN, we walk our inner vision over every incident/sensation arising and passing away on the body, but we also make sure NOT TO PAUSE EVEN FOR A SECOND, for there is a GOOD CHANCE of getting burnt by the SENSATION at a given body location if we took a pause to explore it, and in return, we may create more SANKHARA or more MENTAL DEFILEMENTS aka "CONDITIONED CONSCIOUSNESS".

.

CHANT WORDS for long-time meditation seem SAFER when doing the meditation, as CHANT WORDS are a CONSCIOUSNESS, which are outside of the material-forms domain, and even during the CHANTING one shall be ALERT ENOUGH NOT TO ATTACH THE CHANT WORDS with any of the BODY FUNCTIONS or BODY PARTS.

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I am sure it is, for this reason, people with mental issues are not taken for courses at some spiritual centers as these SPIRITUAL CENTERS MAY HAVE EXPERIENCED HIGTENED INCIDENTS of MENTAL ISSUES in SOME SADHAKS during the spiritual course, but these spiritual centers DO NOT understand that this is happening due to the ONE OF THEIR SPIRITUAL PROCESS that involves BODILY FUNCTIONS or BODY ORGANS ATTENTION for the long time meditation process and that result in mental defilement for few % of SADHAKS.

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Therefore Monks; I recommend using other ways of SAMADHI or MINDFULNESS which DO NOT involve the bodily organs or bodily functions for long-time meditation.

For example in one of the spiritual courses, they ask you to IMAGINE A DIVINE LIGHT SOURCE at the location of the HEART, this is still ok since you are only attending to the visualized light source at the heart location and NOT attending to the actual body part aka the HEART in this case.

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Also visualizing meditation sources far away from the body (for example looking at the visualized sky or stars during the meditation) shall be avoided as that creates blood pressure issues in many cases.

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meditating on CHANT WORDS or visualized light sources within the body location or a few feet away, are the safest methods as I experienced during the meditation process.

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I have YET TO DISCOVER the best method for SAMADHI, but what I am very sure about is THAT ONE SHALL NEVER ATTEND TO BODY PARTS OR BODY FUNCTIONS for long durations, as there is a GOOD CHANCE OF SANKHARA OR MENTAL DEFILEMENT aka "CONDITIONED CONSCIOUSNESS" TO BE CREATED ON ACCOUNT OF THIS,

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Resolution of Cold, Cough, and Tinnitus through Breath Exercise- March-26-2024 (THIS IS FINAL and TESTED TEXT SCRIPT)
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Here we use "Exhale first- HOLD Till the Urge to breathe again- and then 3 ways of inhaling exhaling mechanism as mentioned below with the following RULES:

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RULES:

Rule-1)

You MUST CHANT the word "**RADHE**"[□□□□], along with EACH Inhale and chant RADHE along with EACH exhale, making sure to SEE the word RADHE during the chant, that means your inner vision focus shall be FIRMLY on chanting and SEEING the word of RADHE during both, the inhale and during the exhale. If you want to choose another word then the **SIZE** of the word shall be the same as the word **RADHE** / □□□□. RADHE is a "**2 letter word"** in Hindi [□□□□] and 5 letter word in English, if choosing another word stick to the length of the word RADHE.

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Rule-2)

YOUR NOSE BODY or NOSE MUST ALWAYS REMAIN in STILL/motionless position and you must not perform explicit inhale or explicit exhale. Let the inhale and exhale be automatic actions happening on their own.

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0) Chant RADHE word for 2-3 minutes, till the breath is normal, then, Exhale once or twice first, and immediately HOLD THE BREATH, till there is a strong urge to breathe again.

Here each SADHAK will have their own limits of holding the breath, but what is important here is that one must breathe again only when one has exhausted the limit to hold the breath. YOUR NOSE BODY or NOSE MUST ALWAYS REMAIN in STILL/motionless position and must not perform EXPLICIT inhale or EXPLICIT exhale. Let the inhale and exhale be automatic actions happening on their own.

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Once the HOLD LIMIT IS EXHAUSTED, release the HOLD, and start to breath as explained below in 3 steps;

1) Inhale, exhale ONLY through LEFT NOSTRIL TWICE. Then, Inhale, and exhale Only through the RIGHT NOSTRIL TWICE. You MUST CHANT the word "RADHE"[□□□□], along with EACH Inhale and chant RADHE along with EACH exhale as mentioned in **RULE-1.**

2) next, Inhale, and exhale ONLY through LEFT NOSTRIL ONCE. Then, Inhale, exhale Only through the RIGHT NOSTRIL ONCE. You MUST CHANT the word "RADHE"[□□□□], along with EACH Inhale and chant RADHE along with EACH exhale as mentioned in **RULE-1.**

3) next, Inhale Through the LEFT NOSTRIL and exhale through the RIGHT Nostril. then, Inhale through the Right Nostril and Exhale through the LEFT Nostril. (Here we use **ANULOM VILOM [□□□□□□-□□□□□]** type of inhale-exhale, alternating between each nostril, inhaling from one nostril and exhaling from another nostril and vice-versa. **Do this alternate inhale and exhale for 3-4 breaths covering each nostril**. You MUST CHANT the word "RADHE"[□□□□], along with EACH Inhale and chant RADHE along with EACH exhale as mentioned in **RULE-1.**

4) **STOP**, OR, You may REPEAT the whole process once again after a pause of 1 minute.

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In case of any issues due to the breath pattern changes at any time, one can again switch to ANULOM VILOM // □□□□□□-□□□□□]pranayama for a few days.

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The "Role of the BRAIN" ON ARISING and PASSING AWAY of CONSCIOUSNESSES- March-27-2024

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Monks;

As per the law of "5 elements of the SELF" and **12-DEPENDENT LINK,** CONSCIOUSNESS is created AFTER the volitional acts of reactions in the form of physical/verbal or mental, and fabrications or formations where understanding of specific knowledge of a subject or TEXT is cognized, for example, understanding of maths, science, etc are cognized as part of the volitional act.

.

Now Monks, What is the role of the BRAIN HERE for arising CONSCIOUNESSES?

Monks; BRAIN perceives, the brain thinks/analyzes, BRAIN creates thoughts, and only after the brain has perceived, the next step of volitional act completes the formation or fabrication of CONSCIUSESSES.

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All CONSCIOUSNESSES, past or present, arise and pass away from time to time as per the law of nature, and their presence is made known when they make CONTACT WITH the BRAIN.

After the CONTACT of CONSCIOUSNESS is made the brain, the BRAIN then scans the whole manifestation process (How the CONSCIOUSNESS was fabricated when it was born during its birth the first time), and then LAW OF NATURE expects the completion of ARISEN CONSCIOUSNESS as per the 4-Noble-Truth features of CONSCIOUSNESS, where origination and completion path must be completed for the arisen CONSCIOUNESS.

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1) "The LAW of 4 NOBLE TRUTHS"- MISERY, cause of MISERY, CESSATION OF MISERY, and PATH TO THE CESSATION OF THE MISERY

2)All "Conditioned Consciousness". ARISE-PERSIST for a WHILE and CEASE till they are RESOLVED as per their manifestation process/ how the consciousness is programmed during its birth decides the manifestation process of CONSCIOUSNESS.

3) 5-ELEMENTS of THE SELF (Form, Feelings, PERCEPTION (BRAIN), VOLITIONAL ACT, and CONSCIOUSNESS)

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For example, ITCHING CONSCIOUSNESS expects the SCRATCHING of THE SKIN SURFACE to complete the ITCH-CONSCIOUNESS as that is how it as fabricated during the first itching phenomenon, where as soon as ITCH CONSCIOUSNESS makes contact with the BRAIN, the SADHAK performs the volitional PHYSICAL act of SCRATCHING the affected SKIN surface to signal the completion of 4-noble-truths-path.

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."The LAW of 4 NOBLE TRUTHS for MOSQUITO BITE"

1-MISERY- MOSQUITO BITE and SUBSEQUENT SCRATCHING OF SKIN SURFACE through the Volitional physical act on the affected skin surface, is how an ITCH-consciousness-PROCESS is formed.

2-Cause of MISERY- Its Origination is ROOTED MOSQUITO BITE which triggers STRONG ITCHING_sensations within the BODY.

3-CESSATION OF MISERY- cessation is acknowledged when the ITCH consciousness IS RELEASED through the SCRATCHING OF the SKIN SURFACE through the Volitional physical act on the affected skin surface

4-PATH TO THE CESSATION OF THE MISERY- The path to the cessation of "ITCH-consciousness-PROCESS', is SCRATCHING OF SKIN SURFACE through the Volitional physical act on the affected skin surface

.

Monks, when a SADHAK is again bitten by the mosquito next time, the already BORN ITCH-consciousness makes CONTACT WITH THE BRAIN, finds out the PREVIOUS manifestation process for the same, and then CONTINUES to EXPECT THE PHYSICAL VOLITIONAL ACT of SCRATCHING to complete the itch-consciousness-process, and monks,

when one is in sleep and it bit by the mosquito, the itching-consciousness that makes the CONTACT with the BRAIN, then as per the law of 5-elements of the SELF and 4-noble-truths, the BRAIN EXECUTES the itch-consciousness-PROCESS that is already cognized within the body, and thus even in SLEEP a SADHAK performs the physical volitional act of SCRATCHING to signal the end of itch-consciousness-PROCESS.

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Thus MONKS, THE BRAIN is where all the conditioned CONSCIOUNESSES make their FIRST CONTACT upon their ARISING, and then, the BRAIN analyses the existing cognition process for this CONSCIOUNESSES and then expects the CONSCIOUNESSES to complete, how it was manifested in the first place. When the SADHAK is not in a position to complete the arisen consciousness as per its manifestation process, the BRAIN may trigger AUTOMATIC volitional acts or DREAM process wherever applicable to complete the arisen consciousness as per its manifestation process.

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How to have a FORMLESS experience during the SAMADHI- March-29-2024

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Monks;

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The REQUISITE CONDITION for the **"CAUSAL-FORM" aka "WITNESS-FORM" aka "the SOUL" or a "WITNESS-CONSCIOUSNESS"** to HOLD ON TO THE MATERIAL_FORM exists as long as there EXIST various MATERIAL-CONSCIOUNESSES and EGO_CONSCIOUNESSES that are conditioned or afflicted, and thus, the WITNESS-FORM is always TIED to the material-form as long as there are WORKING -6-sense-media and where 5-elements of the SELF are being formed and experienced every millisecond.

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What is the condition for CONSCIOUSES to hold on to the BODY?

When the ARISEN CONSCIOUNESSES is afflicted or conditioned, conditioned by craving/aversion/delusion(I, ME, MINE) and CLINGING, such a CONSCIOUSNESS seeks to hold on to the MIND-BODY for a duration of time till it ceases, to again come back, till it has been resolved to blissful or neutral.

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Now Monks;

What is the condition of arising and passing away of material-form experiences aka BODY sensations, MENTAL contents, various CONSCIOUNESSES, and phenomena related to mind and body and the outside world?

The Answer is; that as long as we are forming 5-elements of the SELF, experienced by the 6-sense media, we shall continue to experience the arising and passing away of various material-form features in the form of CONSCIOUNESSES that arise and pass away.

.

Thus Monks; "REQUISITE CONDITION for ABSOLUTE SAMADHI", is when the entire 6-sense-media is SHUT DOWN, by letting go of FORM (no contact with worldly objects or beings), FEELINGS (letting go of all 6 sense media), PERCEPTION [letting go analysis and thoughts], REACTIONS [no reaction whatsoever mental, physical or verbal);

.

In this condition of SAMADHI, we STOP FORMING 5 elements of the SELF, thus for the duration of prolonged SAMDHI when all the 6 sense media are shut down or subdued and brought to a standstill, NO 5 elements of the SELF are being formed, in this STATE monks, the WITNESS-FORM that has acquired the mind-matter is now FREE, FREE TO DWELL FORMLESS, as the requisite condition to hold on to the mind-matter in the form of ARISEN CONSCIOUNESSES that are afflicted or conditioned is STOPPED or SUBDUED, and hence, WITNESS_FORM is now formless for that brief period of SAMADHI and thus, it can now venture into the UNIVERSE, across the various planets, till the spell is broken by ending of the SAMADHI.

.

Thus, Monks; THE SAMADHI or MEDITATION, that is done with the INTENT to LET GO or SHUT DOWN entire 6-sense-media, where we remain in STILL, MOTIONLESS SAMADHI, no more 5-elements of the SELF are being created, where volitional acts or reactions are shut down, in such a state, the "CAUSAL-FORM" aka "WITNESS-FORM" aka "the SOUL" or a "WITNESS-CONSCIOUSNESS" becomes FORM-LESS till the SAMADHI is broken.

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DECODING THE ENTIRE EXISTENCE//SELF (□□□□□) / CONSCIOUSNESS (□□□□□/□□□□□) / BRAHMAN [Ultimate Reality - eternal truth, consciousness, and bliss) / EGO [occupying SELF of a NAME-FORM] - March-31-2024
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Monks; **Let us DECODE THE ENTIRE EXISTENCE as below:**

Inner Vision, WISDOM with GUNA's, CONSCIOUSNESS, and EGO are the ELEMENTS OF THE SELF/□□□□□.

□□, □□□□□□, □□□□□ □□ □□□□□□ are the elements of the □□□□□ aka SELF

.

BRAHMN aka [Ultimate Reality -eternal truth, consciousness, and bliss) is the REAL NATURE OF EXISTENCE, and **WHAT IS EXISTENCE MONKS?**

CONSCIOUSNESS is an AGGREGATE of TOTAL SELF [□□□□□**]** aka all the elements of the SELF together constitute the CONSCIOUSNESS, thus it is said that EXISTENCE is nothing but the BUNDLE OF CONSCIOUSNESS which in turn is nothing but the elements of the SELF[□□□□□**]**-constituted out of INTERACTION OF the 6-sense media {MIND_Mental-Contents and thoughts//BODY-Sensations//PHENOMENON aka WORLDLY INTERACTIONS)

.

Thus, A CONSCIOUNESSES that has APPEARED as a NAME-FORM or as its FORM-LESS version, is the EXISTENCE monks. A CONSCIOUSNESS that is conditioned and afflicted by the CRAVING/AVERSION/DELUSION (I, ME, MIne) and CLINGIGNG, continues to make appearance as NAME-FORMS until "all the elements of the SELF", that CONSTITUTES it are CLEANSED of its affliction. Thus, it can be said,

that it is the "elements of the SELF[□□□□□]" that are conditioned and afflicted.

A STRONG CONSCIOUSNESS that is CONDITIONED and AFFLICTED, must CONTINUE TO ACQUIRE a NEW NAME-FORM as per the law of nature, till all the elements of the SELF that constitute it are cleansed of their affliction and conditioning.

.

Monks;

SELF/[□□□□□] is what CONSTITUTES the CONSCIOUSNESS and thus CONSCIOUSNESS is nothing but the animation/visuals constituted out of the ELEMENTS OF THE SELF/□□□□□ that are made available to the Inner vision aka "□□"

.

It is said that when the SELF aka □□□□□ is CLOUDED by the CRAVING/AVERSION/DELUSION (I, ME, MIne) and CLINGIGNG, then such a SELF /□□□□□ and subsequent existence in the form of CONSCIOUSNESS DOES NOT EXIST in its real form (□□□□□□□□□□, □□□ □□□ □□□□/sat chit Anand aka existence, consciousness and bliss) and therefore monks, to see the ULTIMATE REALITY we must CLEANSE the SELF/□□□□□ and subsequent consciousnesses of their affliction and conditioning by REMOVING CRAVING/AVERSION/DELUSION (I, ME, MIne) and CLINGIGNG, and then only the EXISTENCE can be said to DWELL in its real form aka Ultimate Reality.

.

Monks, therefore we have now decoded the ENTIRE EXISTENCE in the form of SELF/□□□□□ and subsequent TOTAL AGGREGATE OF SELF that constitute the CONSCIOUNESSES and if these CONSCIOUNESSES are conditioned and afflicted, then the Ultimate Reality is CLOUDED and is not visible and thus this VERY EXISTENCE OF CONSCIOUNESS in its new appearance as NAME-FORM is miserable.

.

And Monks; it is THIS CONDITIONED existence of SELF/□□□□□ and subsequent CONSCIOUNESSES/□□□□□ that is carried forward to several births and death cycle of new name-forms till all the elements of the SELF that constitute the EXISTENCE in the form of CONSCIOUNESS are CLEANSED of their conditioning and affliction, so that the ULTIMATE

REALITY in the form of existence, consciousness and bliss can be experienced by the NAME-FORM.

.

Thus monks; it is the **JOURNEY OF SELF aka □□□□□ AKA CONSCIOUNESSES** that appear as name-form till they have been brought to the ULTIMATE REALITY in the form of existence, consciousness, and bliss by cleansing them of all the MATERIAL_CONDITIONING and CONDITIONED MATERIAL_NATURE born out of 6-sense-media.

.

And how does the EXISTENCE appear as name-form monks?

1)

As THE CAUSAL BODY aka CAUSAL FORM- AKA the VERY SELF and subsequent CONSCIOUNESSES that have been carried forward to the next birth or next appearance into a NEW NAME-FORM

2)

As the MATERIAL consciousness (the Gross Body in which the above existence aka CONSCIOUSNESS has appeared and formed an EGO via EGO-CONSCIOUSNESS to signal the acquired HOLD of this material-form aka the body aka the NAME-FORM)

3) MATERIAL-FORM aka the GROSS BODY with 5 elements of the EARTH, NAME-FORM

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Let's ESTABLISH the existence of BRAHMN [Ultimate Reality - eternal truth, consciousness, and bliss) in every CREATION - March-31-2024

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BRAHMN aka [Ultimate Reality -eternal truth, consciousness, and bliss) is the REAL NATURE OF EXISTENCE, and WHAT IS EXISTENCE MONKS?

.

EXISTENCE is qualified as SELF (**5** earth elements) and **5** -**non-self** elements of the □□□□□/SELF(Form, feelings, perception, reactions, and consciousness)

.

Now Monks;

Let's go near the TREE, and feel the stillness and bliss while standing below the tree)

Let's go near the SEA, and feel the bliss while standing beside the sea)

Let's go near the MOUNTAINS, feel the stillness and bliss while standing beside the MOUNTAIN)

Let's go near the Tables, CHAIRS, and PODIUM, and feel the stillness and bliss while standing beside them)

In all the above cases, BRAHMN aka existence, consciousness, and bliss is ESTABLISHED in all the CREATIONS that are not conditioned.

.

Now Monks;

let's go near to the NAME-FORM which is conditioned and afflicted, do you feel the BLISS when standing beside him? (**BRAHMN is CLOUDED here)**

Let's go near ANOTHER NAME-FORM who is a MONK, a SELF-REALIZED BEING, filled with compassion and love, do you feel the BLISS when standing beside him? (**BRAHMN is established here**)

.

Thus Monks, the existence of **BRAHMN** aka existence, consciousness, and bliss is ESTABLISHED only with the ENTITIES which are NOT CONDITIONED, and those entities which are conditioned depict uneasy unblissful presence when one stands beside them, here, **BRAHMN** must be realized through cleansing of elements of the NO-SELF by removing elements that cause conditioned existence.

.

Monks; **BRAHMN** is nothing but the BLISSFUL existence of SELF/□□□□□ and subsequent CONSCIOUSNESSEs where SELF-REALIZATION has been established and understood by self-experience and where all the SANKHARA or MENTAL-DEFILEMENTS for mind-body-phenomenon have been CLEANSED.

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KRISHNA consciousness/VEDANTA INSIGHT MEDIATION V/S VIPASSANA INSIGHT MEDIATION - March-31-2024

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Swami **"Swami Sarvapriyananda"** Ji, What a profound statement I heard from your mouth yesterday in one of your discourses, That, **ANYONE CAN BE MONK SITTING ANYWHERE IN THE WORLD, Just like KRISHNA became a MONK RIGHT there at the BATTLEFIELD to tell ARJUNA about the BHAGAVAD GITA, similarly, there is no need for anyone to RUN AWAY to the MOUNTAINS to become a YOGI or a MONK.**
.
Swami Ji, MONK inside me also has ARISEN and is now doing everything to guide all the MONKS of the WORLD.
.
Today Monks; I Shall let you know of a PROFOUND TOOL that is already available across different schools of thought like KRISHNA consciousness, VEDANTA, etc, but has not been used in the way that it should have been, as the POWER OF THIS TOOL was not explained properly to the People, BIKHUUS and Monks of the world.
.
Monks, we now know that we as BEINGS are nothing but a '**bundle of consciousnesses'**, and as per the "**LAW OF NATURE**", any consciousness that is conditioned by craving/aversion/delusion(I, ME, MINE) and Clinging shall continue to arise, persist for a while and cease as per the law of nature. Every consciousness must be validated across the 12 dependent links, 5 elements of the NON-SELF, and 4 noble truths as explained in VIPASSANA techniques.
.
The law of nature brings all the conditioned consciousnesses to the surface and that is the time to cleanse them of their affliction or conditioning to change them to the consciousness of type BLISSFUL or NEUTRAL through OBJECTIVE OBSERVATION (Detached un-emotional observation, seeing arisen consciousness/sensation as not mine) and with the absolute EQUANIMITY aka "**no-reaction/ no volitional acts must be performed towards arisen** consciousness being experienced in the present moment**"**.
.
Now, Monks, VIPASSANA provides INSIGHT MEDIATION or BODY SCAN method to walk the "inner vision or mind's eye" over these arisen

consciousnesses and observe them as detached entities and with equanimity, and thus we convert all the past and present consciousnesses to blissful or neutral with this method of VIPASSANA INSIGHT MEDIATION aka BODY SCAN (top head to bottom feet and reverse).

.
Similarly in Vipassana,
we TRANSCEND MIND as Mental contents that are no-self, void, empty without any substance and thus UN-REAL or an Illusion and not worth engaging
we TRANSCEND BODY-SENSATION by immediately shifting away the attention of the inner vision or mind's eye to the CHANT WORD of "**ANITYA** or **ANICCA**", and CRAVING or DESIRE to engage with the sensations OR even the most sublime experience of arisen sensation must be let go, and the attention is EXPLICITLY and immediately shifted to the chant word of **ANITYA** or **ANICCA to prevail over the arisen sensations**.
.
Monks, **what is the SIMILAR TOOL (same as vipassana insight meditation or body scan) already available across the different school of thoughts like KRISHNA consciousness, VEDANTA etc, ?**
.
CHANTING or the CHANT WORDS MONKS, CHANT WORDS, you have not used the power of chant words that I shall inform you day as below;
.
Simialr to the Vipassna insight meditation, where we walk our inner vision over every incident on the BODY, We shall use CHANT WORDS or CHANTING to achieve the change of consciousnesses from conditioned to the blissful or neutral, and how do we do that monks?
.
As soon as the **MENTAL CONTENTS (Anxiety, fear, panic, TINNITUS, anger, depression, feeling of humiliation etc)** and **BODY SENSATIONS like (CUT, ITCH, PAIN, NumbNess, BURN, etc)** are noticed, **This is what one shall do immediately:**

Monks; EVEN THE MOST SUBLIME [slightest] EXPERIENCE OF ARISEN MENTAL CONTENTS and ARISEN BODY SENSATIONS MUST BE GIVEN UP or let go. Craving or desire to expereince the arisen MENTAL CONTENTS and ARISEN BODY SENSATIONS must be LET GO immediately, as soon as slightest arising of these is made aware to the inner vision, a MONK must EXPLICITLY shift the awareness to CHANTING.

.

It is already established that AWARENESS aka Inner vision continues to SEEK one or other consciousness as per the law of nature, and monks, since we know the law of nature, we shall EXPLICITLY FOCUS the attention of the inner vision aka awareness to the CHANTING or CHANT words, and this has to be done immediately, as soon as arising of next "MENTAL CONTENTS and BODY SENSATIONS" aka conditioned consciousness is seen arising, and Monks, what is important here is that one must not wait even for a SECOND to explore the arisen conditioned consciousness or sensations in the form of mental contents or body sensations, and a monk, immediately shifts his attention to the FOCUSED CHANTING or CHANT WORDS in SPOKEN FORM or FOCUSED inner mind chant, and thus he is relieved of the affliction that may have resulted from arisen consciousness of we had mistakenly or ignorantly started to engage with them.
.
Monks,The law of nature brings all the conditioned consciousnesses to the surface and that is the time to cleanse them of their affliction or conditioning to change them to consciousness of type BLISSFUL or NEUTRAL through CHANTING as mentioned above. As we continue to CHANT AWAY the arisen conditioned consciousnesses with no-reaction, slowly all the consciousness are being turned into blissful or neutral as we have learned not to give any reaction to them, by ignoring them right there at their arising and explicitly shifting attention to the FOCUSED CHANTING that is done with the INTENT TO PREVAIL OVER ALL THE consciousnesses that one is surrounded with in the present moment.
,

and Monks, how are PHENOMENON aka wordly interactions handled?
.

Simple monks,m one shall be ALERT ENOUGH NOT TO CREATE "craving/aversion/delusion(I, ME, MINE) and Clinging" during every WORLDLY interaction of the life, one is always filled iwth compassion and lovingness, one must handle all the wordly interaction in such a way that during and after the interactions there are NO "craving/aversion/delusion(I, ME, MINE) and Clinging" created on both sides of interactions, from your side and also from the other side to whom you were interacting by choosing right words, right diplomacy, right behaviour, right respect and so on.
.
Monks; **Thus, we have covered all 3 marks of existence**
MIND-BODY-PHENOMENON
Impermanence- MISERY- ANATTA (No-self)

.

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SOME OF THE CHANT WORDS OR CHANT MANTRA one can use to shift the attention

to the CONSCIOUSNESSES of type blissful or neutral is as follows:-

==========

HARE KRISHNA MANTRA ("**Krishna CONSCIOUSNESS"**)

HARE KRISHNA

OM NAMAH SHIVAY

RADHE RADHE

ANITYA (SANSKRIT- Impermanent nature of the CONSCIOUSNESSES and the knowledge that these shall pass too soon)

ANICCA [PALI] (Impermanent nature of the CONSCIOUSNESSES and the knowledge that these shall pass too soon)

AUM (□ -Aum)

.

** **Chanting Note**: for the INNER MIND CHANT one must choose CHANT WORD which is at least 10-15 letters in length, If not then you must repeat the same word twice to make it larger in length, for example chant of RADHE RADHE can be repeated twice at one go, and one must chant in spoken words always if possible. Inner chant with short words may cause Blood-Pressure issues as chant of the small words seem to get attached with breath pattern and that cause fatigue and higher BP within just few days. Switch immediately to ANULOM VILOM pranayama if that happens. [choose long chant words like "HARE KRISHNA" or "OM NAMAH SHIVAAY" or "HARE KRISHNA MANTRA", for inner chant purposes. Chant in spoken form can be done with any length of chant words. CHANTING in spoken form is always preferred **

.

And **WHAT IS THE RULE ONE MUST FOLLOW DURING THE CHANTING?**

That Monks, Any chanting done while interacting with the WORLDLY MATTER, alongside thoughts is a CHANTING GONE WASTE, this type of chanting shall not give you any result.

That monk; While chanting with spoken word, one must LISTEN or HEAR their OWN CHANT VOICES, ensuring that while chanting, one only listens to the VOICE CHANT and NOTHING ELSE.

That Monks; While doing INNER MIND CHANT [chanting inside the mind), one must READ or SEE the ENTIRE CHANT WORD, making sure that while chanting, one SEES and READS THE ENTIRE CHANT WORD during the inner mind chant of the chant mantra or the chant word.

**** Chanting Note: INNER MIND CHANT can not be done for long durations, Inner Mind chant is good only if done for a minute or 2, one must chant in spoken words always ****

.

Monks, this is the ONE WAY AND SIMPLEST and DIRECT PATH TO LET GO OF forming of the NEW elements of the SELF or new sense impression and subsequent CONSCIOUSNESSES, as in the WORDS OF THE BLESSED ONE, the MATERIAL WORLD interactions must be let go, to discover the SELF that is acquiring the material form, and for that one must let go of all the 5 elements of the SELF, in the world of mind and matter and phenomenon.

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ANATOMY of Meditation/mindfulness- April-1-2024

++++++++++++++++++
MOnks;
The purpose of meditation or mindfulness is to have a firm focus on the object of meditation/mindfulness with the INTENT TO "**NOT CREATE 5 elements of non-self"** or we can say that "**NO further consciousnesses are being allowed to be created"** while the meditation/**mindfulness** is going on,

** **Chanting Note**: for the INNER MIND CHANT one must choose CHANT WORD which is at least 10-15 letters in length, If not then you must repeat the same word twice to make it larger in length, for example chant of RADHE RADHE can be repeated twice at one go, and one must chant in spoken words always if possible. Inner chant with short words may cause Blood-Pressure issues as chant of the small words seem to get attached with breath pattern and that cause fatigue and higher BP within just few days.

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.

and **how do we achieve these Monks?**

.
We
let go of FORM (All the interaction with worldly and visual or imaginary/tactile objects)
let go FEELINGS (All the CONTACt through 6 sense media are LET GO or shut down)
let go PERCEPTIONS (BRAIN analysis and THOUGHTS are LET GO or shut down)
let go REACTIONS (Volitional acts - Physical, mental, and verbal [no-reaction-wharsover]- are LET GO or shut down)
.
And Monks, when all the above features are shut down, further creation of consciousnesses are also shut down.
.
This allows the brain or mind to focus more on the object of meditation, and since no further consciousnesses are being created, the mind becomes STILL and TRANQUIL.
.
Now, Monks;
We must choose the object of meditation that does NOT INVOLVE ANY OF THE BODY parts (for example; focusing on the stomach, heart, navel, or scalp, etc must be avoided at all costs) OR BODY FUNCTION (focus on Breath for example must be avoided), we can choose visualized objects or CHANT WORDS or light source few feet away for meditation purposes.

As of now CHANT words seems to be most easy and ideal way to perform meditation in my view.
.
But As has been mentioned above, when meditating on chant words one must do a focused chanting with the INTENT TO prevail over all the surrounding consciousnesses (Voice consciousnesses, visual consciousnesses, mental content arisings, body sensations, consciousnesses, and worldly phenomenon, all are IGNORED during the meditation process)

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Let's ESTABLISH; consciousnesses [no-self] is ROOTED in MATERIAL-SELF- April-6-2024

++++++++++++++

Monks;

Let's establish that consciousnesses have ROOTS in the object that is a material-form_SELF aka 5-earth elements(Earth, fire, sky, water, air).

.

Monks;

Can you see me wearing a shirt? YES

Is the shirt made of 5 elements of the earth (SELF rooted in 5-earth elements) ? **YES**

And, How is this SHIRT made available to AWARENESS Monks? Answer: as SHIRT-consciousnesses.

There you get it monks, **all material forms are reflected as consciousnesses to awareness aka inner vision as NON-self**

.

Now, 5-elements of the □□□□□-SELF (Form, Feelings, Perceptions, Formations, consciousnesses) are constructed as follows for the object SHIRT:

.

FORM=SHIRT (5 earth elements)

FEELINGS - through 6 sense media- discerned as such and such visual form of SHIRt, such and such feeling when SHIRT is touched and so on.

PERCEPTION (Brain analysis of SHIRT), such appearance of cloth in such and such color and shape, in this form is SHIRT

Fabrication or formation of "THIS IS SHIRT" is COGNIZED

COGNIZED consciousnesses from all the above elements of the SELF, of object SHIRT is now made visible to Inner vision as NO-SELF is completed

.

SELF-□□□□□ aka the MATERIAL-FORM is thus available only as NON-SELF [□□□□□□] to the inner Vision of the WITNESS ENTITY aka the SOUL aka the witness consciousness.

THUS, THERE is □□□□□ /SELF [5 elements from which consciousnesses is COGNIZED) the but they are made available to the inner vision as □□□□□□/NON-SELF in the form consciousnesses.

.

Form is NO-SELF, feelings are no-self, perception are no-self and reactions and fabrications are NO-SELF but all these 5 elements are rooted in the SELF that is in a material form (eye is a body organ, brain is a body organ and so on) from where they are cognized as visual or animated form. The sense impression gotten from the 6 sense media as the 5 elements of the SELF are stored as material form at the location of body part where it was received in first place, NO-SELF of these material form is what is made available to the inner vision aka awareness.

.

Thus Monks; Specific-Objects; This podium, this chair, this table, all the material-forms_Objects are reflected to the awareness aka inner vision as Specific-Object-consciousnesses.

.

Thus chair is reflected back to the inner vision as chair consciousnesses

Thus PODIUM is reflected back to the inner vision as PODIUM consciousnesses

Thus TABLE is reflected back to the inner vision as TABLE consciousnesses

.

Now monks; **from the DOGMA of the above examples we can conclude the following;**

The HURT caused at the TOE of the FEET, accumulates elements of the SELF that are earth-elements, and from them the specific-HURT-TOE-consciousnesses is made available to the awareness aka inner vision.

The ITCH creates the elements of the SELF having earth elements at the location of ITCH ITCH-affected body part, and then this ITCH-inflicted location of the body part is reflected back to the inner vision as ITCH-consciousnesses.

.

Even during sensual desire, there are specific hormones and chemical releases in the form of SELF rooted in 5-earth elements, that constitute or intensify the sensual desire and are then reflected back to awareness as sensual-desire-consciousnesses.

.

Thus, Monks, we conclude that consciousnesses have roots in a SELF that exists as 5-earth elements, ie. consciousnesses is reflected from material-form.

.

And, BEFORE WE END THIS topic Monks, is THE REVERSE OF THIS POSSIBLE, meaning can the consciousness itself create 5-elements of the earth?

YES MONKS;

If there was a PERSON who was cursed by a HIGH MONK, that he die of PAINFUL-LUMP across his body, that person may start to develop LUMPS all over the body as the CURSE of the MONK has activated PAINFUL-LUMPS_consciousness that has spread all over his body.

.

Similarly, if there was a PERSON who died of a bullet mark on his face or neck, may develop those SAME marks in next appearance of the SOUL with new body, as the body has now gotten the previous-birth-consciousness carried forward from previous life's bullet-mark-consciousness and thus a NEW BODY now has those marks as the carried forward consciousness have established itself as 5-elements of the earth carried forward from the previous birth to this body.

++++

SELF/□□□□ and NON-SELF/□□□□□□ both are SAME/ two sides of same coin - One is Real Material-Form while the other is an appearance or reflection of the material-form - April-6-2024

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SELF/□□□□ and NON-SELF/□□□□□□ both are SAME/ two sides of same coin - One is Real Material-Form while the other is an appearance or reflection of the material-form - SELF/□□□□ and NON-SELF/□□□□□□ both are SAME/ two sides of same coin - Let's ESTABLISH; consciousnesses [no-self] is ROOTED in MATERIAL-SELF-// One is Real Material-Form while the other is an appearance or reflection of the material-form. Reality being experienced as virtual reality aka just like "Live TV Relay" of the incidents happening on the ground.

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Monks;

Let's establish that consciousnesses have ROOTS in the object that is a material-form_SELF aka 5-earth elements(Earth, fire, sky, water, air).

.

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If there was a PERSON who was cursed by a HIGH MONK, that he die of PAINFUL-LUMP across his body, that person may start to develop LUMPS all over the body as the CURSE of the MONK has activated PAINFUL-LUMPS_consciousness that has spread all over his body.

.

Similarly, if there was a PERSON who died of a bullet mark on his face or neck, may develop those SAME marks in next appearance of the SOUL with new body, as the body has now gotten the previous-birth-consciousness carried forward from previous life's bullet-mark-consciousness and thus a NEW BODY now has those marks as the carried forward consciousness have established itself as 5-elements of the earth carried forward from the previous birth to this body.

.

Thus, it is established that the SELF/□□□□ and NON-SELF/□□□□□□ both are SAME/ two sides of same coin - One is Real Material-Form while the other is an appearance or reflection of the material-form. Reality being experienced as virtual reality aka just like "Live TV Relay" of the incidents happening on the ground.

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Lets EXTRACT elements of the SELF out of the BODY- April-6-2024

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Monks;

Here we have to partner with medical science experts who will extract the SELF in following steps:

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1. Pick up any 1cm part of body organ

2. Take a complete hologram view of this 1CM part along with rna/dna/cellular structure and everything that constitutes this 1cm body part using the medical sense tech and perspectives. (**A**)

2. Now, Prick anywhere on this selected 1cm body part with needle in such a way that there is a INJURY.

3. The Injury has caused formation of new elements of the SELF (aka HURT consciousness)

4. Take the NEW HOLOGRAM view of the changes 1 cm body part afflicted with injury. (**B)**

4. Now take INTERSECT of (B)-(A) , of previously taken hologram view of entire 1-CM body part and the NEW hologram view of same 1-cm body part which is now inflicted with injury.

5. The Intersection of new hologram view and previous hologram view of 1-CM body part is YOUR NEW elements of the SELF aka "1-CM-Body-Part-HURT consciousness" that is reflected to the inner vision as of now.

6. EXAMINE the newly created elements of the SELF that comprise "1-CM-Body-Part-HURT consciousness".

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DOER? The BIG QUESTION IS, "WHO IS THE DOER?" - April-8-2024

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Monks;

Let's say, a MAN is riding a HORSE, here MAN= NAME-FORM-Consciousness and HORSE= HORSE-Consciousness

.

Now, If a man riding the horse, harms another name-form-being by making the horse run over him, the DOER in this case is name-form-Consciousness aka the man riding the horse.

But, if the HORSE, suddenly became out of control and hit another name-form and caused him the injury, then the DOER is HORSE aka HORSE-Consciousness

.

Inner vision, Consciousness**, wisdom with GUNAs and EGO are the elements of the material-form-**Consciousness **and the witness-**Consciousness**.**

Monks, Every Consciousness resulting from the desires, conditioned or afflicted Consciousness that is un-resolved, that is carried forward to the

next appearance to acquire a material-form (to acquired the body of; beings or animal or insects as per the features of the unresolved-Consciousness carried from the previous birth), the carried forward Consciousness, ITSELF will become the WITNESS Consciousness in next appearance with added elements of [Inner vision, Consciousness, wisdom with GUNAs and EGO]

.

Monks; The law of KARMA applies to the SOUL aka the WITNESS-Consciousness that has acquired the material-form-body and accordingly the next appearance in different REALM is decided based on the law of karma where the SOUL aka the WITNESS-Consciousness was the DOER. [In the above example, MAN= NAME-FORM-Consciousness is the DOER, if the SOUL-Consciousness or witness-Consciousness was the DOER when the horse hit another name-form)

.

The LAW OF LAND applied to the material-form, as the material form is not the one that goes through repeated birth cycles. Thus, if the DOER is material-form, law of land and surrounding circumtences shall decide its fate. [in the above example, HORSE= HORSE-Consciousness, uncontrolled-HORSE has hurt another name-form and this horse will be dealt with according to the law of land and surrounding circumstances)

.

Now, Let's come back to the BEINGS and their existence; We are aware that witness-Consciousness is the one that has acquired the material form aka this human body.

.

Now in the case where the DOER is witness-Consciousness, the LAW OF KARMA applies to it, and this witness-Consciousness must appear in a different REALM in the next birth cycle, as per the law of karma accumulated in the previous life cycle of the acquired body.

.

If the DOER is a MATERIAL-FORM (an un-enlightened name-form, who has not yet discovered himself as the SOUL or where material-form-Consciousness overpowered the witness-Consciousness when doing an action), the law of land applies to him. The witness-consciousness aka SOUL- Consciousness is weak here and does not have much control over

this material-form-body aka un-enlightened name-form, and thus, this name-form continues to suffer miseries of the world as per its actions.

.

Thus, Monks, it is the Consciousness that is the DOER in all the cases, but the Consciousness embodied in a material form or the witness form aka soul-consciousness decides whether the law of karma shall be applied or the law of land shall be applied.

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Thus, material-HUMAN_form aka HUMAN-BEINGS are a DOER, and they continue to CREATE Consciousnesses that are conditioned and thus, witness-Consciousness aka soul- Consciousness is so much CLOUDED by these conditioned-Consciousnesses, that the real nature of existence, Consciousness and bliss remains elusive for most of life cycle of the beings and the result is that witness-Consciousness aka the SOUL-Consciousness that has acquired the material-form aka name-form-being, has to carry forward the loads of accumulated conditioned Consciousness to their next appearances.

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Same is not the case with animals and other living beings, as they simply live their life as per the fixed Consciousness features and do not accumulate conditioned Consciousnesses and upon death of the body, their SOUL is released in only one birth cycle.

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CHANTING AWAY the miseries of mind-body-phenomenon- chanting away the Tiniest SUBLIME Experience of mental contents/body sensations and worldly interactions- April-12-2024

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Monks;

The DIRECT PATH to subdue the misery is easily available, all one has to do is, to be alert to every arising of mental contents/body sensations and during the WORLDLY interactions, as soon as even the **tiniest arising is noticed of MENTAL CONTENTS in the form of anxiety, fear, panic, phobia of any kind, anger, depression, feeling of humiliation and so on, or** as soon as even the **tiniest arising of BODY-SENSATION is**

noticed in the form of ITCH, PAIN, CUT, SWEAT, WARM, COLD, HEAT, SUFFOCATION, and so on;

Upon noticing even the tiniest SUBLIME arising as of mental contents or body sensations as said above, ONE MUST AVOID THE CRAVING or DESIRE to EXPLORE or EXPERIENCE the ARISEN mental content or body sensation, not giving attention to body sensation or mental content even for a SECOND, and One must EXPLICITLY and immediately SWITCH TO the CHANT word of "ANITYA" or "HARE KRISHNA" or "RADHE RADHE" or "HARE KRISHNA MANTRA" or "any other CHANT MANTRA", and this is the way a MONK avoids interacting with the miseries of the mind and body.

.

And, in the case of PHENOMENON or WORLDLY interactions, a monk must make sure to interact in such a way that "NO CRAVING/AVERSION/DELUSION (I, ME, MINE) or CLINGING arises on both sides due to the quality of interaction from the side of the monk, from his side as well as from the other side to whom interaction was being done. A Monk immediately switches the attention to the CHANT WORD as soon as the interaction is over, so as to NOT create the 5 elements of non-self that may form clinging or aversion due to the recent interaction.

.

Monks; therefore I URGE you to TRAIN YOURSELF to the CHANTING 24/7, in such a way that by merely shifting the attention to the CHANT WORDS, one is relieved of the assault of the arisen MENTAL CONTENTS or body sensations, where a monk, upon noticing even the tiniest sublime arising, without wasting even a SECOND, and avoiding the URGE to EXPLORE the arisen MENTAL content or body sensation, he immediately switches his attention to the FOCUSED CHANTING of the chant words.

PS:

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SOME OF THE CHANT WORDS OR CHANT MANTRA one can use to shift the attention

to the CONSCIOUSNESSES of type blissful or neutral is as follows:-

==========

RADHE

HARE KRISHNA MANTRA ("**Krishna CONSCIOUSNESS", this can not aligned with the breath process**)

HARE KRISHNA

OM NAMAH SHIVAY [**this can not aligned with the breath process**)

ANITYA (SANSKRIT- Impermanent nature of the CONSCIOUSNESSES and the knowledge that these shall pass too soon)

ANICCA [PALI] (Impermanent nature of the CONSCIOUSNESSES and the knowledge that these shall pass too soon)

AUM (□ -Aum)

.

** **Chanting Note**: for the INNER MIND CHANT one must choose a CHANT WORD which is at least 10-15 letters in length, If not then you must repeat the same word twice to make it larger in length, for example, the chant of RADHE RADHE can be repeated twice at one go, and one must chant in spoken words always if possible. Inner chant with short words may cause Blood-Pressure issues as chant of the small words seem to get attached with breath pattern and that cause fatigue and higher BP within just few days. Switch immediately to ANULOM VILOM pranayama if that happens. [choose long chant words like "HARE KRISHNA" or "OM NAMAH SHIVAAY" or "HARE KRISHNA MANTRA", for inner chant purposes. Chant in spoken form can be done with any length of chant words. CHANTING in spoken form is always preferred. **Also, the INNER CHANT [chanting inside the mind], DOES NOT require seeing or reading the chant word as informed earlier, simply inner chant the CHANT word. And, when doing CHANT in spoken words, listen to your own chanted voice and vibrations of the CHANT word**. **

.

Also, the INNER CHANT [chanting inside the mind], DOES NOT require seeing or reading the chant word as informed earlier, simply inner chant the CHANT word. And, when doing CHANT in spoken words, listen to your own chanted voice and vibrations of the CHANT word.

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Turn the mind away to the DEATHLESS ELEMENTS- April-16-2024

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Monks;

Whenever there is a CONFUSION about consciousness or spiritual science topic, one shall fall back on the laws of "12-dependent links", "order or sequence of 5-elements of the non-self", and "4-noble truth", just like you would fall back on several schools of thoughts or referencing to the eminent monks and spiritual masters, when explaining things and features of the topic.

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The BUDDHA, the blessed ONE, has made it easier for us to explain every phenomenon in terms of "12-dependent links", "order or sequence of 5 elements of the non-self", and "4-noble truth", and thus no reference to the eminent monks or school of thoughts is required for those who have mastered the art of testing every explanation of phenomenon (Mind, Body or worldly interactions, or spiritual science topics), contemplating them as impermanent, unsatisfactory(misery) and 'anatta or non-self' and comprehending them with regards to letting go of longing, aversions and delusions.

"With the origination of "name-form", is the origination of "mind", with cessation of "name-form" there is the cessation of mind. With the origination of "ATTENTION", is the origination of "Phenomenon", with cessation of "ATTENTION" there is the cessation of "Phenomenon" "

.

The following laws must be applied to every explanation of DHAMMA:-

1) "**The LAW of 4 NOBLE TRUTHS**"- MISERY, cause of MISERY, CESSATION OF MISERY, and PATH TO THE CESSATION OF THE MISERY

2)All "**Conditioned Consciousness aka Conditioned ARISINGS**", ARISE-PERSIST for a WHILE and CEASE till they are RESOLVED as per their manifestation process/ how the consciousness is programmed during its birth decides the manifestation process.

3)

5 Aggregates of the SELF (Form (physical or logical), Feelings (5 sense media-), perceptions (Brain analysis, thoughts and CONTACT), volitional act (Physical, verbal or mental), consciousness) in their order of sequence.

.

4) **12 dependent links**

,

5) 'C**ontemplating'** every phenomenon as impermanent, unsatisfactory(misery), and 'anatta or non-self' and '**comprehending'** them with regards to letting go of longing, aversions, and delusions and clinging.

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Now Monks;

What does BUDDHA MEAN when he says "turns his mind away from those phenomena, and having done so, inclines his mind to the property of deathlessness elements"?

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In Buddha's words;

"He regards whatever phenomena there that are connected with form, feeling, perception, fabrications, & consciousness, as inconstant, stressful, a disease, a cancer, an arrow, painful, an affliction, alien, a disintegration, an emptiness, not-self. He turns his mind away from those phenomena, and having done so, inclines his mind to the property of deathlessness elements: 'This is peace, this is exquisite — the resolution of all fabrications; the relinquishment of all acquisitions; the ending of craving; dispassion; cessation; Unbinding."

.

What is deathlessness monks?

Stilling or subduing of all sense media- is deathlessness monks. With deathlessness one has to learn to subdue or mellow down the arising "Consciousnesses" in such a way that a name-form continues to be unaffected by any arisings in the world of mind-matter or phenomenon, and how does a name-for or monks achieve that?

Monks; he achieves that by **turning his mind away from those phenomena, and having done so, inclines his mind to the property of deathlessness elements, and are what are deathless elements monks?**

.

Monks, The consciousnesses or objects that are of type blissful or neutral are 'deathless elements;

.

We have already identified **'CHANT WORDS'** as 'deathless elements', and when a monk turns his attention away from all types of phenomenon (Mind, Body, and worldly interactions) and turns his attention EXPLICITLY and immediately to the CHANT WORDS without wasting even a second and does not get tempted to explore the arisen sensations/mental content or a phenomenon even for a second, he is immediately relieved from the assault of miseries, and since, as the law of nature, AWARENESS or INNER VISION continues to seek 'one or other Consciousnesses', we have explicitly provided "deathless elements" in the form of CHANT WORDS" to the awareness thereby subduing the misery in all forms, 24/7.

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- 12 DEPENDENT LINKS:

The Noble Truth of the Extinction of Suffering is explained by the formula of Dependent Origination:

Reverse Order of Dependent Origination to explain the Cessation of Suffering

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i) Without Ignorance, there are no Volitional Activities (formations).

ii) Without Volitional Activities (formations), there is no Consciousness.

iii) Without Consciousness, there is no Mentality and Matter.

iv) Without Mentality and Matter, there are no Six Sense Bases.

v) Without the Six Sense Bases, there is no Contact.

vi) Without Contact, there is no Feeling.

vii) Without Feeling or SENSATION, there is no 'Craving'. (THIS SENSATION, is the link between mind and body)

viii) Without Craving, there is no Clinging [perception of feeling is getting strong here]

ix) Without Clinging, there is no Becoming. [misery is in incubation mode, like a child in the womb]

x) Without Becoming, there is no Birth. [Birth of a misery]

xi) Without Birth, there is no Decay, Death, and Suffering.

.

What is the conditioned arising method?

Ans: Conditioned by ignorance are the formations; conditioned by the formations, consciousness; conditioned by consciousness, name-form; conditioned by name-form, the six-sphered-sense; conditioned by the six-sphered-sense, contact; conditioned by contact, feeling [sensation]; conditioned by feeling, craving; conditioned by craving, clinging; conditioned by clinging [[perception of feeling is getting strong here] becoming. [misery is in incubation mode, like a child in the womb], conditioned by becoming, rebirth [Re-Birth of a misery]; conditioned by rebirth, decay, death, sorrow, lamentation, pain, grief and despair spring up. Such is the origin of this entire mass of ill

.

"With the origination of "name-form", is the origination of "mind", with cessation of "name-form" there is the cessation of mind. With the origination of "ATTENTION", is the origination of "Phenomenon", with cessation of "ATTENTION" there is the cessation of "Phenomenon" "

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If you want to understand SPIRITUAL SCIENCE in TOTALITY, here is the ultimate discourse by "Swami Sarvapriyananda ji"- April-19-2024

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[Ashtavakra Gita Revelation: Unraveling Profound Teachings with Swami Sarvapriyananda]. Please LISTEN to this 3-hour discourse on SPIRITUAL SCIENCE by Swami Sarvapriyananda ji.

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While the blessed one has been able to guide us on a JOURNEY OF

consciousness, Swami ji has been able to explain to us clearly that it is AWARENESS that is STATIC or CONSTANT and the rise and fall of consciousness does not change the state of AWARENESS, AWARENESS remains the same throughout, thus, it is a JOURNEY of AWARENESS till all the consciousnesses that it has acquired through the EGO-consciousness are CLEANSED to blissful or neutral.
.
AWARENESS continues to occupy or acquire the BODY or material form similar to the CONDITIONED consciousnesses that it has manifested during the life cycle of birth of material form, and until all consciousnesses are cleansed up and the awareness aka witness form has achieved Nibbana, the journey of the AWARENESS shall continue in various consciousnesses and subsequent material forms it must acquire till the Nibbana have been achieved and AWARENESS does so by forming an EGO-consciousness to declare the ACQUIRED HOLD of material-form in its next appearance and as per the law of nature, AWARENESS is released only after the material-form aka the body has perished and all the consciousnesses are cleansed up as to be of blissful or neutral nature.

https://www.youtube.com/live/Dwdz9FE-rbE?si=snghVciTCKWhp7jO

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https://www.youtube.com/live/Dwdz9FE-rbE?si=1zFnoYWChyFb80BD

https://www.youtube.com/live/Dwdz9FE-rbE?si=Rwjoi_8xt40J2e2-

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RESOLUTION OF EXISTENCE - 3 states of existence- April-21-2024

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Monks, Having Identified the existence as the combination of 3 bodies (**1-witness-Form-Body || 2-Non-SELF-Body** aka Consciousness that drives the material form|| **3-Material-Form_Body**)

NOTE- "KRISHNA Consciousnesses" and "VIPASSANA" are TWO SIDES OF THE SAME COIN. While Krishna Consciousnesses uses simple methods like BHAKTI yoga, Karma Yoga, 'Hare Krishna Mantra along with CHANT WORDS methods" to bring the NIBBANA for individuals and release them from the cycle of birth and death, the VIPASSANA method, on the other hand, uses MIND-BODY-PHENOMENON to take oneself DEEP into the Consciousness, mental contents, and body sensation along with worldly phenomenon, and once all these are transcended, the birth and death cycle

is ended, "**BRAHMN"** is established and one is released from the BHAV samsara. - SELF-realization is a slow process, it happens in its own time -

Thus, Having Identified existence as combination of 3 bodies (**1-witness-Form-Body** || **2-Non-SELF-Body** aka Consciousness that drives the material form|| **3-Material-Form_Body**)

1)

WITNESS_FORM_Body with inner vision aka awareness, wisdom with GUNA'S, Consciousness, and EGO as elements, "**this is FORMLESS existence"**,

2)

5-Non-SELF_BODY elements (Form, Feelings, Perceptions, volitional acts, and subsequent cognized Consciousness), **this is an EMPTY or VOID existence**, constituted out of 'elements of the SELF' that exists as 5 elements of material-form.

3)

Material-Form_BODY as 5 GROSS matter elements (Earth, Fire, Sky, Water, Air)

.

A)

What is the RESOLUTION of Material-Form_BODY?

The DEATH of the Material-Form_BODY is the RESOLUTION OF Material-Form BODY.

B)

What is the RESOLUTION of Non-SELF BODY aka "the bundle of Consciousnesses" that is a REFLECTED form of the material-form-body?

Cleansing of Non-SELF BODY aka cognized Consciousness to a blissful or neutral state through objective observation and equanimity, and making sure not to create CONDITIONED Consciousnesses afflicted by craving/aversion/delusion(I, me, Mine) and Clinging.

Transcending **Mind** aka Mental contents as NON-SELF aka empty aka void aka Un-Real,

Transcending **BODY** aka Body Sensations by explicitly switching the ATTENTION to DEATHLESS ELEMENTS in the form of CHANT WORD,

Transcending **PHENOMENON** by NOT CREATING craving/aversion/delusion(I, me, Mine) and Clinging during every WORLDLY interaction.

** **We may use INSIGHT Mediation aka VIPASSANA Body Scan or CHANT MANTRA method to cleanse the CONDITIONED Consciousnesses afflicted by craving/aversion/delusion(I, me, Mine) and Clinging** **

.

When all of the above is achieved, we have discovered the **BRAHMN** aka "**SAT CHIT ANAND**" STATE, where all the Consciousnesses now exist in blissful or neutral form, thus the EXISTENCE, Consciousnesses, and BLISS are established.

C)

What is the RESOLUTION of "WITNESS FORM Body aka the formless SOUL"?

To maintain the STATE OF BRAHMN aka "**SAT CHIT ANAND**" state, till the DEATH OF THE MATERIAL FORM BODY by following principles of KARMA YOGA by performing actions without expectations and DETACHED, seeing all actions as being performed as a duty towards the universe and not seeing them as (I, me, Mine), BHAKTI YOGA where we surrender all WISHES to the UNIVERSE and WE DO NOT WISH or DESIRE et all and SANKHYA YOGA where we TRANSCEND MIND, Body aka matter and phenomenon as explained above. This ensures that the **WITNESS FORM Body aka the SOUL is released from the cycle of birth and death of acquiring new bodies and is merged with ultimate reality aka BRAHMN.**

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In the next 1 hour of the YouTube video, the architecture of existence is explained-□□□□

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https://www.youtube.com/live/p5k-QsmuA0Y?si=YRDCxlQ2fNKLKBRq

https://www.youtube.com/live/p5k-QsmuA0Y?si=dqqF5QcF4h2uITCM

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The ZEE TV produced BUDDHA Serial - April-22-2024
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Monks;

I request you to watch this ZEE TV-produced BUDDHA serial { I would watch it from the 28th serial onwards skipping to see only the portions where the BUDDHA character is displayed), you may skip to only those portions where BUDDHA appears in scenes;

.

This is an amazingly produced and acted serial and the character of BUDDHA is so well played by the lead actor that he almost looks like BUDDHA to us.

.

This looks like the summarised version of the BUDDHA series where only BUDDHA appears in scenes; I would prefer this to watch rather than the entire series, but if not, I would pick up each serial from episode 28 onwards and only watch ONLY scenes where Buddha character appears in scenes:

Link1)

https://www.youtube.com/watch?v=9Sdzsk9xYiQ&list=PLpuT7aGJ2ks8sTajwhYPkd8QpkWVSl3my&index=28

Link2)

https://www.youtube.com/watch?v=9Sdzsk9xYiQ&list=PLpuT7aGJ2ks8sTajwhYPkd8QpkWVSl3my&index=28

.

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First YouTube link for the serial-

https://www.youtube.com/watch?v=9Sdzsk9xYiQ&list=PLpuT7aGJ2ks8sTajwhYPkd8QpkWVSl3my&index=28

The second YouTube link for the serial-

https://www.youtube.com/watch?v=9Sdzsk9xYiQ&list=PLpuT7aGJ2ks8sTajwhYPkd8QpkWVSl3my&index=28

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DIABETES Type-2 SCAM-

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We all are aware that DIABETES type-2 patients are being put on medical pills protocol for LIFE, these patients are being asked to take medical pills to MANAGE the DIABETES Type-2 for life with the help of allopathic medical pills.

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If you as a NON-DOCTOR or I as a NON-DOCTOR were to proclaim that diabetes type-2 is a SCAM, what is the least that is expected of us to prove this?

.

I tell you, that all we need to prove is that we take 10-20 patients of diabetes type-2 who are taking pills for at least 1-2-3 years and then we put them under the AYURVEDA PROTOCOL that we claim shall bring these patients out of the pills roughly within 8-12 weeks, AND if these patients have resolved the diabetes type-2 without the medical pills in roughly 8-12 weeks, then YOUR HONOR, can we claim that DIABETES type-2 is a SCAM?

.

And if the diabetes type-2 line of management by the medical industry is questionable is proved, then, will you then STOP all the diabetes type-2 medicine protocol?

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DIABETES-TYPE-2 AYURVEDA and PRANAYAM SOLUTION in just a few lines-

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NOTE: THIS IS PURELY based on my research, but one must apply their best mind when following this protocol as per their own discretion.

,

Diabetes TYPE 2 DOES NOT EXIST, it has been artificially created by the line of treatment that is being prescribed currently, "by the very pills that create insulin resistance [IR] (mMMETFORMINNNNN), and by inhibiting the glycogenesis process of the LIVER [xx-dpp-4-xx inhibitors] that causes artificial or explicit BLOOD SUGAR ROLLER COSTER:.

.

SO FIRST THING one has to do is to "QUIT medical diabetes pills", if one wants to "NOT DESTABILIZE the PANCREAS anymore, and ENABLE the NATURAL glycogenesis function of the LIVER".

.

DIABETES REVERSAL STEPS as understood by me [ome must first QUIT medical diabetes pills for this solution to work]:-

========

1)

Follow the SANE FOOD protocol by sticking to boiled, grilled, and steamed food only during the recovery period of 8-12 weeks from the quitting of the diabetes medical pills. Use more protein foods [meat in grilled, steamed, or boiled form only] during the recovery, avoid processed foods, white flour foods, sugar or sugar-added foods and drinks

2)

Every morning and evening one must do, EXHALE first and then HOLD the Breath for 30-45 seconds- Then release the Breath-hold, and let natural inhale/exhale happen for at least 30-45 seconds.

This type of breathing pranayama will destroy the Fat Cells that have accumulated excess INSULIN release due to artificial manual stimulation {mMetforminnnn] that has caused Insulin Resitence[IR} and thus IR can be reversed through this breathing exercise daily done once in the morning and once in the evening,

.

NOTE: **This breathing Pranayama SHALL BURST the FAT CELLS that hold excess insulin and destroy the insulin resistance for the good:-**

STEPS:

EXHALE First

Hold and pinch close your nostrils with your index finger and thumb, and keep your mouth shut

Hold your breath till the maximum time, till you feel the urge to breathe again

release the hold

breath natural for around 1 minute

Repeat only once more.

STOP.

3)

Grind FENUGREEK SEEDS [methi seeds] in a miXer and take 1 spoon powder after every meal daily till the recovery, this shall help PANCREAS come back to normal in a few weeks time, the pancreas has destabilized due to ""mMMETFORMINNNNN"" and artificial stimulation of it to release INSULIN on daily basis and this is reversed by fenugreek seeds powder.

4)

Use AYURVEDA Blood purifier KADA or Tabs/capsules like MANJISHTHHA, on a daily basis as per dosage instruction on the bottle (mostly twice a day after major meals)

5)

AYURVEDA-READY TO USE DIABETES type-2 reversal MIX:
AYURVEDA companies (there are many Ayurveda companies) now provide READY TO USE DIABETES MIX that can be used to rid one of diabetes type -2 for good in just a few weeks.

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Some study notes I got from the referenced URL as below:-

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Is there a Chance to Promote Arteriogenesis by DPP4 Inhibitors Even in Type 2 Diabetes? A Critical Review

by Srinivasan Vedantham 1,2,Anna-Kristina Kluever 3 and Elisabeth Deindl 3,*ORCID

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glycogenesis inhibitor dpp-4 (inhibiting glycogenesis process of liver)

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Moreover, insulin is a functional opponent of glucagon. Glucagon is a peptide hormone, which is released from the pancreas to the bloodstream upon stimulation of β-adrenergic receptors mainly due to hypoglycemia, protein-rich food, and stress.

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In the liver, glucagon stimulates gluconeogenesis and glycogenolysis, resulting in increased blood glucose levels. Insulin and GLP-1 inhibit glucagon secretion, resulting in reduction of blood glucose levels. Binding of insulin to its receptor results in cross-talk with β2-AR, and β2-AR gene deletion results in hepatic insulin resistance [36]. Increased prevalence of insulin resistance in elderly patients with type 2 diabetes mellitus has been related to reduced expression of β2-AR [31,37,38]. Resistance to insulin is characterized by defects in muscle glucose uptake and hepatic glucose overproduction.

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Glucose Uptake and the Metabolic Disorder Diabetes Mellitus

3.1. Incretins, Insulin, and the Adrenergic System

Glucose in chyme stimulates the release of the metabolic hormones, gastric inhibitory polypeptide (GIP) and glucose-dependent insulinotropic peptide-1 (GLP-1), from intestinal mucosa. Thereupon, these incretins augment the secretion of insulin, a polypeptide hormone, which is produced by beta cells of the pancreatic islets. This endocrine pancreatic activity is reciprocally regulated by the adrenergic system. While activation of the β2-adrenoreceptor (β2-AR) promotes insulin release [31], it is repressed when the α2-AR becomes activated [32]. In the blood, insulin reduces the blood glucose levels by stimulating cells to absorb glucose from the blood. Again, this process is potentiated through the activation of β2-AR by adrenaline [33] and antagonized by noradrenergic α1-AR stimulation [34,35]. Moreover, insulin is a functional opponent of glucagon. Glucagon is a peptide hormone, which is released from the pancreas to the bloodstream upon stimulation of β-adrenergic receptors mainly due to hypoglycemia, protein rich food, and stress. In the liver, glucagon stimulates gluconeogenesis and glycogenolysis, resulting in increased blood glucose levels. Insulin and GLP-1 inhibit glucagon secretion, resulting in reduction of blood glucose levels. Binding of insulin to its receptor results in cross-talk with β2-AR, and β2-AR gene deletion results in hepatic insulin resistance [36]. Increased prevalence of insulin resistance in elderly patients with type 2 diabetes mellitus has been related to reduced expression of β2-AR [31,37,38]. Resistance to insulin is characterized by defects in muscle glucose uptake and hepatic glucose overproduction.

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DPP4 is an intrinsic membrane glycoprotein that cleaves X-proline dipeptides from the N-terminus of polypeptides, however, it also exists in a soluble form [79]. Thus, DPP4 plays a major role in the regulation and activation of paracrine and autocrine as well as of extracellular endocrine

peptides [80]. The protein is expressed in a variety of cells, although mainly in adipocytes [51], macrophages [81], T cells [82], endothelial cells [83], epithelial cells [84], and hepatocytes [85].

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DPP4 Inhibitors in Pre-Clinical Studies

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As DDP4 inhibitors represent a promising tool to treat patients with type 2 DM, several clinical studies were performed (for a short overview see Table 2). As diprotin A cannot be used for treating patients [131], other orally applicable DPP4 inhibitors, so-called gliptins, were applied. First results of meta-analyses of randomized controlled trials (RCTs), such as TECOS (Trial Evaluating Cardiovascular outcomes with Sitagliptin) [132], SAVOR-TIMI (Saxagliptin Assessment of Vascular Outcomes Recorded in Patients with Type 2 Diabetes Mellitus) [133], or EXAMINE (Examination of Cardiovascular Outcomes: Alogliptin vs. Standard Care in Patients With Type 2 Diabetes Mellitus and Acute Coronary Syndrome) [134], displayed a trend toward a lower incidence of major cardiovascular events (MACE), paving the way for further studies (recently reviewed in [135]).

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As oral DPP4 inhibitors do not suppress insulin resistance, the first question is whether this is due to the oral application form or due to the dosage. GLP-1 receptor agonists, such as exenatide or semaglutide, used to increase insulin sensitivity in patients, are administered subcutaneously [155,156]. DPP4 increases insulin resistance by enzymatically cleaving GLP-1. However, it still remains to be elucidated whether insulin sensitivity is additionally promoted by a non-enzymatic function of DPP4. Therefore, the question arises of whether gliptins really are the best choice to treat insulin resistance. Another question is whether gliptins work equally well in rodents and humans concerning the specific recognition of DPP4 or whether differences in efficacy are due to differences in species. The next question is whether currently available DPP4 inhibitors reach all desired target organs (including the liver). Accordingly, the final question arises: Do we have to develop a new class of DPP4 inhibitors? Last, but not least, the data on patients in terms of improvements of CVD need to be (re-)addressed, considering whether the overall surgical and pharmacological treatment of each subject might interfere with the process of arteriogenesis.

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7. Conclusions

DPP4 inhibitors have been shown to be safe in clinical trials and might efficiently promote arteriogenesis even in patients with type 2 DM. However, several problems need to be resolved before we will be able to efficiently promote arteriogenesis even in patients with type 2 DM.

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https://www.mdpi.com/2073-4409/7/10/181

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Metformin and Insulin Resistance: A Review of the Underlying Mechanisms behind Changes in GLUT4-Mediated Glucose Transport

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Metformin and Insulin Resistance: A Review of the Underlying Mechanisms behind Changes in GLUT4-Mediated Glucose Transport

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8836112/https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8836112/

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4. Conclusions

IR [Insulin resistance] is a clinical condition shared by many diseases other than prediabetes and T2DM, such as obesity, PCOS, and nonalcoholic fatty liver disease. Therefore, the comprehension of the mechanisms responsible

for impaired insulin action is fundamental in the attempt to ameliorate IR and to account for the favorable effects of insulin sensitizers.

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Extract: Although we do not know how to explain all of the mechanisms of metformin action at the molecular level, metformin, active at all sites of impaired insulin action, has been a first-line drug to improve IR for decades.

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A better understanding of the mechanisms behind its clinically relevant increase in insulin sensitivity could help researchers and clinicians studying and treating the dramatic rise in IR conditions worldwide.

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A Little RECAP on my journey towards SELF REALIZATION - April-24-2024

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Monks;

Having conquered the mental issues through BUDDHA'S technique, in the form of anxiety, phobia, panic, fear, and so on, by seeing them objectively and with equanimity upon their arising in just a weeks time, I felt relieved but still felt that I was far away from self-realization as the PURUSH or BRAHMN inside the material-form-Body was still clouded by IMPURITIES.

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Later, when attending **"KRISHNA Consciousness lectures"**, I understood that I was wrongly considering only a few mental contents as impurities, whereas I am required to abandon everything that is MATERIAL-NATURE or any nature born out of six sense media.

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Later, I understood that except the COMPASSION and LOVINGNESS which is our spiritual nature, Feelings of SADNESS, HUMILIATION, ANGER, HAPPINESS, DEPRESSION, frustration, and so on are also MATERIAL

NATURE and I must learn to let go of material body nature in all forms. Thus, from then on, I refused to be SAD or feel humiliated or be angry or feel depressed, and having learned to give up the material nature in all forms upon its arising, I finally was able to see all the CLOUDS clearing up and within just a few days, I noticed as if I was seeing the SUNLIGHT more clear, My brain was un-clogged and I could feel the shining light all around me.

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THE BRAHMN or the PURUSH inside me was now free from the IMPURITIES and the light around me appeared more bright and clearer from then on.

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Transcending mental content was an easier task as sensations on the body only arise if one makes the mistake of engaging with the mental contents, but if they were rejected immediately upon their arising, there was no effect on the body and thus transcending of mental contents and letting go of material body nature in all forms was achieved within just a couple of weeks.

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Similarly, transcending phenomenon or worldly interaction was also achieved by being alert to "NOT CREATE craving/aversion/delusion [I, Me, MINE]and clinging" during and after every interaction on worldly matters by following the right diplomacy, right view, right words, right respect and right intentions and so on.

.

But it was transcending the BODY SENSATIONS that became an uphill task for me since the misery or damage of the body was being reflected to the awareness every second and it was not easy to ignore it for a long time, which, I then understood that all I had to do was to switch the attention explicitly to the DEATHLESS ELEMENT in the form of CHANT WORD, for which one must train themselves on CHANTING techniques as mentioned in my previous blog posts. Thus, merely by switching the attention to the DEATHLESS ELEMENT in the form of a CHANT WORD one can shift the AWARENESS to the "Consciousness" of type blissful or neutral which is the RESOLUTION of ALL body sensations by making sure to park the awareness always 24/7 to the DEATHLESS ELEMENTS in the form of CHANT words so as to not be affected by body sensations or mental contents or after-effects of phenomenon or the worldly interactions.

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Resolution of Cold, Cough, and TINNITUS through Breath Exercise- March-30-2024 (THIS IS FINAL and TESTED TEXT SCRIPT- Working very well so far)

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Here we use "Exhale first- HOLD Till the Urge to breathe again- and then 3 ways of inhaling exhaling mechanism along with CHANT WORD of '**RADHE**', as mentioned below with the following RULES:

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RULES:

Rule-1)

You MUST CHANT the word "**RADHE**"[□□□□], along with EACH Inhale and chant RADHE along with EACH exhale, making sure to SEE the word RADHE during the chant, that means your inner vision focus shall be FIRMLY on chanting and SEEING the word of RADHE during both, the inhale and during the exhale. If you want to choose another word then the **SIZE** of the word shall be the same as the word **RADHE** / □□□□. RADHE is a "**2 letter word"** in Hindi [□□□□] and **2** letter word in SPOKEN English, if choosing another CHANT word, then you must stick to the 2-Word length in the SPOKEN FORM, similar to the chant word of **"RADHE"**.

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Rule-2)

YOUR NOSE BODY or NOSE, MUST ALWAYS REMAIN in STILL/motionless position and you must not perform EXPLICIT or DELIBERATE inhale or explicit exhale. Let the inhale and exhale be AUTOMATIC ACTION happening on their own.

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0) For at least 1-2 minutes, simply chant the word "**RADHE RADHE"** in slow speed so that the initial breath is calmed down before starting the procedure below,

Now, Exhale once or twice first, and immediately HOLD THE BREATH, till there is a strong urge to breathe again.

Here each SADHAK will have their own limits of holding the breath, but what is important here is that one must breathe again only when one has exhausted the limit to hold the breath. YOUR NOSE BODY or NOSE MUST ALWAYS REMAIN in STILL/motionless position and must not perform EXPLICIT inhale or EXPLICIT exhale. Let the inhale and exhale be automatic actions happening on their own.

.

Once the HOLD LIMIT IS EXHAUSTED, release the HOLD, and start to breath as explained below in 3 steps;

1) Inhale, exhale ONLY through LEFT NOSTRIL TWICE. Then, Inhale, and exhale Only through the RIGHT NOSTRIL TWICE. You MUST NOT forget to CHANT the word "RADHE"[□□□□], along with EACH Inhale and chant RADHE along with EACH exhale as mentioned in **RULE-1.**

2) next, Inhale, and exhale ONLY through LEFT NOSTRIL ONCE. Then, Inhale, exhale Only through the RIGHT NOSTRIL ONCE. You MUST NOT forget to CHANT the word "**RADHE**"[□□□□], along with EACH Inhale and chant RADHE along with EACH exhale as mentioned in **RULE-1.**

3) next, Inhale Through the LEFT NOSTRIL and exhale through the RIGHT Nostril. then, Inhale through the Right Nostril and Exhale through the LEFT Nostril. (Here we use **ANULOM VILOM [□□□□□□-□□□□□]** type of inhale-exhale, alternating between each nostril, inhaling from one nostril and exhaling from another nostril and vice-versa. **Do this alternate inhale and exhale for 4-5 breaths covering each nostril**. You MUST NOT FORGET TO CHANT the word "**RADHE**"[□□□□], along with EACH Inhale and chant **RADHE** along with EACH exhale as mentioned in **RULE-1.**

4) **STOP**, OR, You may REPEAT the whole process once again after a pause of 1 minute.

.
In case of any issues due to the breath pattern changes at any time, one can again switch to ANULOM VILOM // □□□□□□-□□□□□**]**pranayama for a few days.

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A NOTE to the MONKS of the WORLD/ Other schools of thoughts besides VIPASSANA- April-26-2024

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Swami Ji

Although there are several schools of spiritual path available, nevertheless, without giving the BIKKHU"s or SADHAK"s the direct path to enlightenment or the step-by-step guide which shall take them to Nibbana or guided steps specifically designed to take the SADHAKS to Nibbana and enlightenment, the spiritual path shall dishearten them in the long run. SADHAKS will be left with lots of knowledge about spiritual knowledge but NO KNOWLEDGE OF DIRECT and guided SIMPLEST path towards the NIBBANA.

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Now Monks; from my blog posts on spiritual science I have made it very clear that I have DECODED the direct PATH completely, step by step it can be guided to others, and can help- the monks define the guided course which shall take the general people and other monks who are looking forward to the knowledge of enlightenment path in just a few weeks, by making them perform specific guided step by step directions towards this.

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So, My point is if you want to collaborate with me on this, then you should reach out to me and we can together come out with guided direct steps with respect to each school of thought according to the methods available for that school of thought.

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As of now only I can guide you on how to apply spiritual knowledge specifically to TRANSCEND mind-body and phenomenon and how this knowledge can be used to alleviate miseries that are the result of body damage or mental issues or due to the phenomenon or worldly interactions and even if you understand my posts intellectually, there is no way you or other monks can understand how to apply them to EXTREME MENTAL CONTENTS and resolve them for other people who are severely affected by these mental contents for several years.

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The step-by-step PRACTICE guide that I want to come up with can be formed together with high monks, and after a few pilot practice projects within the monastery we can make it available to the common public, but no

one will have absolute right to this method as I have to provide this method modified as per the school of thoughts available to monks across the world.

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As of now, I find, there is only one **SWAMI JI "Swami Sarvapriyananda Ji",** who is capable of helping me on this aspect and coming out with a practical guided project that shall help SADHAKS bring guided steps and knowledge of Nibbana to anyone interested across the world. I have been following **"Swami Sarvapriyananda Ji" for the last 6-8 months and he is perfectly capable of understanding the spiritual science aspects in a way that can be used to design guided steps available for the general public and bring enlightenment in a guided, practical method available to the people across the world.**

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If NO ONE is interested in collaborating with me on this from the other schools of thought, then, I shall RE-WRITE SATTIPATHNA SUTTA and make it available to the world at the appropriate time.

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STORY OF THE WITNESS FORM- April-26-2024

Monks;

I am the WITNESS FORM seeing the play of the creation of Consciousness through 12 dependent links, Consciousness that is rooted in 5 elements of SELF, and upon re-activation during the CONTACT with the BRAIN of a material form aka the BODY, this same Consciousness then seeks completion in the form of '4 Noble truths' as manifested during its birth;

And Monks; knowing well that I am not the body, not the 5 sense media, and neither the mind aka all the manifested Consciousnesses from birth till date, I CONTEMPLATE and see them as IMPERMANENT, a MISERY, and as NO-Self meaning just projection to my awareness since I am the witness-form and thus I avoid any DESIRE/AVERSION or REACTION to the AWARENESS that is nothing but a REFLECTED PROJECTION of mind-body phenomenon that the material-form is experiencing at any given moment.

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As a WITNESS FORM all I see is PROJECTION that is reflected out of the mind-body phenomenon of the material form that I have acquired as a WITNESS_FORM, and thus NOT REACTING to what is just a play of the creation of Consciousness through "12 dependent links", 'Consciousness that is rooted in 5 elements of SELF' and upon re-activation during the CONTACT with the BRAIN, this same Consciousness seeks completion in the form of '4 Noble truths' as manifested during the birth of the same Consciousness, I as a witness form DO NOT REACT and maintain OBJECTIVE OBSERVATION (Seeing all mind-body-phenomenon as not mine, as detached entities) and with absolute EQUANIMITY [no reaction or volitional act towards these detached entities that are mere a projection or reflection to my awareness aka inner vision]

.

And monks, by the grace of "EGO-Consciousness", through which the acquired hold of material-form is maintained till the death of the material form, I continue to experience or get projected awareness, whatever the mind-body phenomenon is being experienced by the material-form in the present moment, but by knowing the PLAY OF MARA, and having understood, that all this just a play or projection being displayed to my awareness, I, the WITNESS FORM continue to maintain objective observation and equanimity towards every arising of Consciousness that is being reflected to my awareness aka inner vision.

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And upon the death of the material-form aka the body, I carry forward the STRONGEST DESIRES manifested out of the BRAIN or MIND during the life cycle of material form which remain unresolved, and seek another material-form aka the body till I the witness-form has achieved NIBBANA and resolved all conditioned Consciousnesses acquired through several births of bodies or several appearances of myself and as long as I continue to create conditioned Consciousness and desires I the witness-form, shall continue to be slave of MARA.

.

The material form being reflected back to my awareness has perished upon the death of the body and with that all the reflected material Consciousness also perish but desires created out of the brain that is no-self shall continue to seek the material form to get them resolved as part of either present birth cycle or with new birth cycle where I the witness-form must re-appear with another acquisition of material-form so that un-resolved Consciousness can be put to work again with the new body and maybe I shall seek nibbana in with this newly acquired material-form if I have taken the spiritual path.

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5 earth elements are explained in detail, Swami Ji has broken every earth element into 2 parts, one half as the gross part and another half as 5 subtle elements - April-26-2024

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5 earth elements are explained in detail, Swami Ji has broken every earth element into 2 parts, one half as the gross part and another half as 5 subtle elements of the earth (earth, air, water, fire, and sky) □□□□□ [the real story start after first 40-50 minutes]

[Pathways to Liberation: Vedantasara Lectures with Swami Sarvapriyananda - Sacred Visions youtube channel]

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https://www.youtube.com/live/BfNjLsf6hHc?si=TzcZFIijyesMZ6Wq

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WHO IS THE DOER? (WITNESS-FORMLESS_FORM aka the SOUL or the acquired MATERIAL_FORM_BODY)- April-27-2024

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Monks;

Consider the example of a 5-10-year-old CHILD riding a HORSE. In this case, the CHILD while sitting on a HORSE, roams around wherever the HORSE takes him, this CHILD is NOT aware that he has to control the HORSE, and therefore goes where the HORSE takes him, and even if HORSE were to reach the top of the mountains and then PLUNGE into the FALL below, even upon seeing the DANGER of this FALL below, the CHILD would not try restrict the HORSE, and such a HORSE eventually FALLS TO the DEATH along with the CHILD.

.

Consider another example of a 16-20-year-old TEEN or the person who has just turned an ADULT, riding a HORSE. In this case, the PERSON while sitting on a HORSE, roams around wherever the HORSE takes him, this PERSON IS AWARE that he CAN CONTROL the HORSE through the leash

tied to the animal's nostril, and therefore although he goes where the HORSE takes him, and when HORSE were to reach the top of the monutain and where he would PLUNGE into the FALL, upon seeing this danger, the PERSON immediately restricts the HORSE, and such a HORSE although walk his free will, but a few times he is restricted or controlled by the PERSON riding him.

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And monks, Consider the example of a FINE ADULT in his 30's or 40s riding a HORSE. In this case, the PERSON while sitting on a HORSE, roams around wherever HE likes and can DIRECT the HORSE as per HIS free will, this HORSE is completely under this PERSON's control, and therefore this HORSE now goes where the PERSON takes him. This HORSE is completely under the control of the PERSON.

.

In the same way monks, there is WITNESS-FORMLESS_FORM aka the SOUL (SOUL that is in CHILD FORM aka the INEXPERIENCED SOUL), completely possessed by the MATERIAL FORM_BODY with 5 sense media, aka this GROSS BODY, DOES not control the MATERIAL_FORM_BODY, this WITNESS-FORMLESS_FORM aka the SOUL is simply unaware that it has POWER TO CONTROL and GUIDE THE MATERIAL-FORM_body and 5 sense media, but continues to live the life as per the will of a material-form_body, and upon the death of the material-form_body, this WITNESS-FORMLESS_FORM aka the SOUL, then goes and acquires the next material-form_body, till the WITNESS FORM aka the SOUL has Discovered its powers and learned to use the material-form_body as a TOOL to come out of this BHAV SAMSARA, the MARA or illusion of birth and death cycles.

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In the same way monks, there is another WITNESS-FORMLESS_FORM aka the SOUL (SOUL that is in TEEN or just turned ADULT FORM aka the SLIGHTLY EXPERIENCED SOUL), possessed by the MATERIAL FORM_BODY with 5 sense media, aka this GROSS BODY, DOES not control the MATERIAL_FORM_BODY or CONTROLS the material-form-body only slightly or DOES NOT have enough control over the material-form-body, and ALTHOUGH this WITNESS-FORMLESS_FORM aka SOUL is AWARE that it has POWER TO CONTROL and GUIDE THE MATERIAL-FORM_body and 5 sense media, but continues to live the life as per the will of a material-form_body, and upon death of the material-form_body, this WITNESS-FORMLESS_FORM aka the SOUL then goes and acquires the next material-form, till the WITNESS-FORMLESS_FORM aka the SOUL has Discovered

its powers and learned to use the material-form_body as a TOOL to come out of this BHAV SAMSARA, the MARA or illusion of birth and death cycles.

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In the same way monks, there is WITNESS-FORMLESS_FORM aka the SOUL (SOUL that is NOW IN AN ADULT FORM, Completely aware that it has the absolute right over the material-form-body and that the SOUL is the DOER now), although possessed by the MATERIAL FORM_BODY with 5 sense media, aka this GROSS BODY, but now HAS A COMPLETE control over the MATERIAL_FORM_BODY or CONTROLS the material-form-body VERY TIGHTLY, and continues to live the life as guided by the SELF that is SOUL or the WITNESS-FORMLESS_FORM, and uses the material-form_body as a TOOL to come out of this BHAV SAMSARA, the MARA or illusion of birth and death cycles by taking the path to NIBBANA and SELF REALIZATION.

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Why Is It So Hard To Reach Enlightenment - Swami Sarvapriyananda- April-27-2024

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https://youtu.be/YefXPv8uXCQ?si=FkWiVbJ-8dl9pU5m . Why Is It So Hard To Reach Enlightenment - Swami Sarvapriyananda (https://youtu.be/YefXPv8uXCQ?si=FkWiVbJ-8dl9pU5m)

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'**Self**' reveals itself to those who choose to reveal it. '**Self**' is self-luminous but is clouded as of now, once these clouds are removed, the self in the form of (existence, consciousness and **BLISS** i.e. a state of **BRAHMN**, SAT CHIT ANAND state) is revealed on its own. Swami Ji, '**Self**' shall reveal to those who perform **CHANTS/JAPA** or **Meditation** with the **FIRM INTENT to shut down 6 sense media,** and to those who give up or let go of 'material nature born out of 6 sense media in all forms'.

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Why Is It So Hard To Reach Enlightenment - Swami Sarvapriyananda- April-27-2024

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https://youtu.be/YefXPv8uXCQ?si=FkWiVbJ-8dl9pU5m . Why Is It So Hard To Reach Enlightenment - Swami Sarvapriyananda (https://youtu.be/YefXPv8uXCQ?si=FkWiVbJ-8dl9pU5m)

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How to resolve AWARENESS that is merely a reflection of material-form-body- April-28-2024

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Monks, having understood that our existence is nothing but a birthless and deathless AWARENESS as one of the elements of the witness-formless-form that has acquired the material-form-Body through the EGO-Consciousness.

And Monks, A Man riding the horse is not made to feel the pain/damage caused on the body of the horse, but by the grace of EGO-Consciousness, the witness-formless-form aka the SOUL riding the material-form-body is made to feel every material nature that is born out of the 6 sense media of the material-form. If the material-form aka the BEING feels PAIN, the same PAIN is made available/reflections to the AWARENESS of the witness-form, and thus, the witness-formless-form feels what the material-form feels, but the knowledge that the Consciousness or sensations are a merely a reflections of the material-form-body, witness-form can subdue the misery by seeing these with objective observation (witness-form sees these as not mine, mere a smoke screen aka the reflections, seeing these as detached entities belonging to the acquired material-form-body) and with the absolute equanimity [no reaction, NO physical, mental or verbal volitional act or reaction towards what is merely a reflection coming from the material-form]

.

Monks,

Upon seeing an arisen Consciousnesses aka the body sensations (Itch, pain) or mental contents (Anxiety, fear, depression), an experienced monk takes a pause and starts to discern as follows:

What does this arisen Consciousnesses SEEKING? is it seeking a volitional act of scratching in the case of an ITCH? is it seeking the witness form to act in ANGER when the sensation of ANGER arises? Or, is it seeking the witness form to be FEARFUL when the mental content of FEAR has arisen?

.

A Monk continues to observe the arisen Consciousnesses and knows that this is merely a reflection arising out of material-form-body, and only by the grace of EGO-Consciousnesses I the witness form is being made to feel the exact feeling that the material-form-body is feeling in the present moment, but since I am the witness-formless-form, I need to see these as merely as SMOKE SCREEN, a reflection which is just a projection of feeling of the material-form-body,

and I the witness-formless-form continue to observe these with objective observation and equanimity, as I continue to observe these, I find the shape and texture of arisen Consciousnesses change, come back as different forms, disappear from one location of the body to again re-appear on another location of the body and as per the feature of Consciousnesses, it continues to SEEK VOLITIONAL ACT which I DO NOT PROVIDE, and after some time I just ignore these arisen Consciousnesses knowing well that they are seeking volitional act which I the witness-form must not provide or the arisen Consciousnesses shall become STRONGER in INTENSITY, for I the witness-formless-form know very well that for EVERY VOLITIONAL ACT towards the arisen Consciousness, I increase the intensity of the arisen Consciousness directly proportional to the amount or number of volitional acts I provide when reacting towards the arisen Consciousnesses. **Thus, the more I scratch the surface of the skin in response to the itch, the more intense the itch becomes.**

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Thus, an experienced monk, upon seeing the arisen Consciousnesses, maintains objective detached observation and absolute equanimity or no reaction, and after discerning the arisen Consciousnesses, simply abandons them or ignores them.

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Resolution of Breath Issues, Cold, Cough, and TINNITUS through SIMPLE Breath Exercise-May-9-2024 (Working very well so far)

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/*Resolution of Breath Issues, Cold, Cough, and TINNITUS:
1-Breathe Inhale and exhale both from the LEFT side nostril
2-Breathe Inhale and exhale both from the RIGHT side nostril

.
Or [I prefer alternate nostril ANULOM VILOM method]
Simply perform breath this way for 1-2 minutes without hold breath method:
If there is cold /cough then do ANULOM VILOM type of breathing:
[preferred method]
1-Breathe 'Inhale from LEFT nostril', and "exhale from the RIGHT nostril",
2-Breathe 'Inhale from RIGHT nostril', and "exhale from the LEFT nostril"

YOU MUST chant ‘RADHE’ along with Inhale and along with exhale.

Repeat steps 1, 2 for next 6-8 breathe, STOP. No need to read rest of the article

*/

Here we use "Exhale first- HOLD Till the Urge to breathe again- and then Inhaling exhaling with one nostril followed by another nostril mechanism, along with the CHANT WORD of '**RADHE**', as mentioned below with the following RULES:

NOTE: **This breathing Pranayama SHALL ALSO BURST the FAT CELLS so that you can eat and never get fat ever.:-**

STEPS:

=====

EXHALE once First

keep your face a little up facing towards sky, so that it is easy to receive the breath directly into the nostrils.

Hold and pinch close your nostrils with your index finger and thumb, and keep your mouth shut

Hold your breath till the maximum time, till you feel the urge to breathe again (Min hold shall be 30-45 seconds)

release the hold once you can not hold the breath anymore, keep your mouth shut

.

breath as mentioned below steps only through one nostril at a time for around 6-8 breaths.

Breathe Inhale and exhale both from the LEFT side nostril

Breathe Inhale and exhale both from the RIGHT side nostrilIf there is cold /cough then do ANULOM VILOM type of breathing:1-Breathe 'Inhale from LEFT nostril', and "exhale from the RIGHT nostril"2-Breathe 'Inhale from RIGHT nostril', and "exhale from the LEFT nostril"

Repeat above steps for 6 to 8 breathes.

STOP.

Repeat above steps once more only.

STOP.

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RULES:

Rule-1)

You MUST CHANT the word "**RADHE**"[□□□□], along with EACH Inhale and chant RADHE along with EACH exhale, making sure to SEE the word RADHE during the chant, that means your inner vision focus shall be FIRMLY on chanting and SEEING the word of RADHE during both, the inhale and during the exhale. If you want to choose another word then the **SIZE** of the word shall be the same as the word **RADHE** / □□□□. RADHE is a "**2 letter word"** in Hindi [□□□□] and **2** letter word in SPOKEN English, if choosing another CHANT word, then you must stick to the 2-Word length in the SPOKEN FORM, similar to the chant word of **"RADHE"**.

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Rule-2)

YOUR NOSE BODY or NOSE, MUST ALWAYS REMAIN in STILL/motionless position and you must not perform EXPLICIT or DELIBERATE inhale or explicit exhale. Let the inhale and exhale be AUTOMATIC ACTION happening on their own.

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STEPS:

0) For at least 1-2 minutes, simply chant the word "HARE KRISHNA or **RADHE RADHE RADHE RADHE"** in FAST speed so that the initial breath is calmed down before starting the procedure below,

keep your face little up facing towards sky, so that it is easy to receive the breath directly into the nostrils.

Now, Exhale once or twice first, and immediately HOLD THE BREATH, till there is a strong urge to breathe again.

Here each SADHAK will have their own limits of holding the breath, but what is important here is that one must breathe again only when one has exhausted the limit to hold the breath. YOUR NOSE BODY or NOSE MUST ALWAYS REMAIN in STILL/motionless position and must not perform EXPLICIT inhale or EXPLICIT exhale. Let the inhale and exhale be automatic actions happening on their own. Once the HOLD LIMIT IS EXHAUSTED, release the HOLD, and start to breath as explained below;

1)

Inhale, exhale ONLY through LEFT NOSTRIL.

Then, Inhale, and exhale Only through the RIGHT NOSTRIL. If there is cold /cough then do ANULOM VILOM type of breathing:1-Breathe 'Inhale from LEFT nostril', and "exhale from the RIGHT nostril"2-Breathe 'Inhale from RIGHT nostril', and "exhale from the LEFT nostril"

Repeat this for next 6-8 breaths.

You MUST NOT forget to CHANT the word "RADHE"[□□□□], along with EACH Inhale and chant RADHE along with EACH exhale as mentioned in **RULE-1.**

2) **STOP**, OR, You may REPEAT the whole process once again after a pause of 1 minute.

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In case of any issues due to the breath pattern changes at any time, one can again switch to ANULOM VILOM // □□□□□□-□□□□□]pranayama for a few days.

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Upon DEATH which Consciousnesses PERISH? March-2-2024

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Monks;

Beings are a Bundle of Consciousnesses.BEINGS are a Bundle of "MATERIAL Consciousnesses" that are supplied as default Consciousnesses during the birth of a body.

BEINGS then collect several thousands or millions of Consciousnesses aka "EGO-Consciousnesses" during the life cycle of this material firm, from birth till date.

Also, 'Self' and 'No-Self' are two sides of the same material form, i.e. non-self is merely a REFLECTION OF Self that has roots in earth elements aka the gross body.

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Specific NAME given to the NAME-FORM is an EGO-Consciousness

Fabrication of knowledge that these are my PARENTS and SIBLINGS are EGO-Consciousnesses

Fabrication of knowledge that is learning of MATHEMATICS is an EGO-Consciousnesses

Fabrication of knowledge that is various designations collected during the work 'CEO' 'a MINISTER' etc, are an EGO-Consciousnesses

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So Monks, **What Consciousnesses are PERISHED upon the DEATH of the MATERIAL-FORM aka the BODY that is acquired by the WITNESS-FORM aka the SOUL?**

'Self' and No-Self are two sides of the same material-form,

Monks, there is a non-self that is a REFLECTION of the 'Self' that is an earth element, i.e. this non-self has roots in a 'Self' that is an earth element.

For example, EYE-Consciousnesses have roots in a body organ that is an EYE. Every contact made with EYE has a corresponding non-self presence.

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And, there are NON-SELF born out of the brain and THOUGHTS, and as such they may have initial roots in a 'Self' that is earth elements, For example, Contact with the body organ EYE has created DESIRES that are non-self. But these same desires are now being multiplied within the brain and thoughts, However, the desire was born rooted in the body organ of an EYE, subsequent DESIRES are being born of thoughts coming out of the brain and THOUGHTS, and these STRONG DESIRES now have roots in THOUGHTS which themselves are non-self.

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Thus, non-self DESIRES are rooted in non-self-thoughts. Similarly, non-self FABRICATIONS in the form of desires and learning are rooted in brain analysis and thoughts that are non-self.

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Monks, non-Selfs that have roots in earth elements aka this BODY, for example, kidney Consciousnesses, eye Consciousnesses, ear Consciousnesses, nose Consciousnesses, tongue Consciousnesses, etc, PERISH upon the DEATH OF MATEIAL-FORM aka this human body, since this non-self are a reflection of the SELF that is an earth element.

Only the non-SELF that have roots in non-self aka the THOUGHTS and fabrications born of brain analysis do NOT perish, for example, DESIRES have roots in non-self-thoughts,

.

What is the RESOLUTION of non-self that has roots in non-self aka THOUGHTS monks?

To contemplate DESIRES as IMPERMANENT, a MISERY, and non-self aka void, empty with no substance, mere images, and by seeing them as the cause of the BECOMING of birth of misery, a Monk cultivates dispassion and distaste for them, and thus, avoids longing and delusion concerning the desires and abandons them.

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And, **What is the RESOLUTION of non-self that has roots in self that is earth elements aka the body monks?**

With the death of the body, the non-self reflection born out of the earth's elements SELF aka the body also perishes, as there is nothing that remains to be reflected back to the awareness since the material form has perished.

Conclusion:

As per the law of nature, only the STRONGEST NON-SELF Consciousnesses aka the DESIRES and fabrications in the form of desires and learnings that have roots in non-self are carried forward to the NEXT APPEARANCE of the WITNESS-FORM aka the SOUL and all the material-Consciousnesses and EGO-Consciousnesses that have roots in earth elements perish upon the death of the body.

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How to PROVE the existence of Consciousnesses- May-3-2024

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Monks, Asking to prove the existence of Consciousnesses is the same as asking to prove the existence of the AIR.

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How do you prove the existence of the AIR?, start a FAN, and one starts to feel the AIR touch on the body.

In the same way, monks, **would you be able to do that if I were to ask you to look at me and define my visual features? YES**

YES, **but how are those features of myself made available to you monks?** in the form of name-form-consciousness. Monks, What you see through the body organ EYE is made available to the AWARENESS only in the form of Consciousnesses. Thus, the body organ EYE, converts every visual experience and constructs the elements of the SELF that are stored as Non-SELF-elements_of_the_self- and are then made available to the awareness by constructing the Consciousnesses out of these elements, just like a photo image of the name-form are stored in the camera, and a movie experience is then constituted out of them.

AWARENESS aka the witness-form aka the SOUL, can experience the sense impressions collected by the material form only after they are converted as Consciousnesses and then reflected BACK to the awareness.

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Just like a CAMERA clicks the photo images of the name-forms and the surroundings, and stores the NEGATIVE images directly into the camera storage, which are then converted to the movie experience, in the same way, monks, the sense impression are being collected as the elements of the non-Self and are then constituted into an animated visual experience of the same.

Just as, the NEGATIVE of a photo is converted into the COLORED PHOTO and subsequent movie experience, in the same way, monks, NON-SELF elements can be constructed into the **Consciousnesses and again** converted back to the elements of the non-SELF if required, as per the law of nature.

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And Monks, Can the animated visual experience aka the movie be converted back into individual photos? YES, In the same way, monks, Consciousness can also be converted back into the individual elements of the non-self as per the law of nature, a**nd where are elements of the Self coming out of sense impressions are Recorded Monks?** They are recorded exactly where they are received in the first place.

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An EYE records all the visual Images as elements of the non-self as EYE Consciousnesses within the body organ EYE. That means every recording made by 6 sense media is in the form of no-self, recorded exactly at the place where they were received first during that phenomenon.

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a NAME-FORM is defined by the 6 sense media, and hence an entire experience aka elements of the Self are first collected at various sense locations as NO-SELF, and are then constructed as Consciousness experience by grouping them all together. Thus, in the case of name-form having 6 sense media, every 6 sense media as a group experience or a phenomenon FORMS the KEY as EYE+EAR+TONGUE+NOSE+BODY+BRAIN, and these are then stored based on similar KEY experience on the future phenomenon, and thus, same

Consciousness is then made to arise again only to update the GROUP experience, as is what is done to EMPLOYEE RECORD with the KEY as "EMPLOYEE_ID" in the case of computer data storage of employee details.

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Just like a group of people sitting in a ROOM are made available to the AUDIENCES ACROSS THE WORLD through the TV, or electronic devices as RELAYED BACK EXPERIENCE of the people sitting in an enclosed room discussing news, etc, in the same monks, what the EYE of material-form sees is made available to the AWARENESS as the RELAYED BACK IMAGES aka reflected elements of the non-SELF that are being constituted on the fly and displayed as Consciousnesses made available to the AWARENESS.

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ALL THE SENSE IMPRESSIONS are therefore being recorded as NON-SELF elements of the self for each of the sense media at their respective locations where they are being received in the first place, just as the camera records visual images kept as individual NEGATIVE IMAGES of the photos that can be later constructed as movie experience and just like from the same movie experience individual photos can again be captured, in the same way, monks, from the Consciousnesses, individual sense impression locations can be updated as available or constructed inside animated visual experience of that phenomenon.

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UPON the DEATH of the material form aka the body, only the NON-SELF phenomenon born of non-self THOUGHTS and subsequent Desires born through the thoughts are carried forward to the NEXT APPEARANCE of the awareness aka the witness-formless-form aka the SOUL. All the non-self phenomena having roots into the SELF that is earth elements or the material-form-gross-body are PERISHED upon the death of the body.

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The case of Alzheimer's [neurons, NERVE FIBRES/AXON] and subsequent PROGRESSIVE loss of EGO-Consciousnesses - May-3-2024

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Monks, From the research it looks like NERVES are the place where 'elements of non-Self' aka the entire experience of a phenomenon tightly grouped and connected by neurons aka nerve cells are stored.

Thus, NERVES are your central database where all the sense impressions are stored as a phenomenon tightly grouped and circuited by neurons. over 7 trillion nerves reside in the human body as per the info available from Google search.

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Now, what happens is that as soon as the visual object is seen by the EYE, the visual signals are first sent to the BRAIN and the first thing that happens is that SEARCH ENGINE aka NEURONS are fired to locate any similar or previous occurrences of the visual phenomenon being reported in the present moment. As soon as the NERVE location where any past result of the same visual phenomenon are found, immediately entire phenomenon tightly grouped and circuited by neurons stored at the NERVE FIBRE location are RELAYED back to the BRAIN again through the neurons.

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Monks; as one of the EXAMPLE, We have noticed several times that as soon as the phenomenon of ITCH is started due to a mosquito bite, immediately similar itches are felt at several places across the body although only one part of the body is affected by ITCH due to mosquito bite, and this happened because as soon as ITCH phenomenon was reported to the BRAIN, the NEURONS were fired to locate every location where the ITCH phenomenon in past may have been stored, and since several places of ITCH phenomenon was found at DIFFERENT NERVE LOCATIONS, all such phenomenon from different body parts aka nerve locations are now being reported by making CONTACT with the BRAIN, where neurons report to the brain every nerve location where similar phenomenon exists as past occurrences.

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Thus, it is now established that NON-SELF info is being stored inside NERVE fibers and the tightly grouped Consciousnesses circuited by neurons, the entire phenomenon aka the Consciousnesses is reported back to the BRAIN through the neurons. And from there on, these phenomena are MADE AVAILABLE to the AWARENESS.

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From Google Search: Now, Memory is the reactivation of a specific group of neurons, formed from persistent changes in the strength of connections between neurons.

Alzheimer's disease is thought to be caused by the abnormal build-up of proteins in and around brain cells. One of the proteins involved is called amyloid, deposits of which form plaques around brain cells. The other protein is called tau, deposits of which form tangles within brain cells. Alzheimer's disease is characterized by two abnormalities in the brain: amyloid plaques and neurofibrillary tangles. Amyloid plaques, which are found in the tissue between the nerve cells, are unusual clumps of a protein called beta amyloid along with degenerating bits of neurons and other cells

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In Alzheimer's, however, damage is widespread, as many neurons stop functioning properly, lose connections with other neurons, and eventually die. Thus, the connection between BRAIN and the various sense impressions aka ego-consciousnesses is lost and grouped information that is otherwise available by tightly synced neurons is not being made available or is being PARTIALLY made available to the brain due to an abnormal buildup of protein and plaque around the brain cells.

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Thus, what happens is that Consciousnesses although available at NERVE FIBRES locations, since Consciousnesses are being reported in parts due to abnormal brain damages, the Consciousnesses being reported are not being allowed to be completed as per its manifestation process during its birth and now these Consciousnesses continue to become WEAKENED and finally gets erased from nerve fiber locations. Any Consciousnesses that goes through objective observation and equanimity aka NO REACTION shall get cleansed to blissful or neutral first but non-completion of the same due to brain abnormality makes it weaker and such a Consciousness then gets erased as per the law of nature.

And since, various EGO-Consciousnesses collected from birth till date are now becoming weak due to no contact with the brain, and thus ego-Consciousnesses start to wipe out, and such a person slowly loses the ability to recall 6-sense media impressions that were formed in the life cycle as the Consciousnesses continue to deplete due to no contact with the brain. A Consciousnesses as per of law of nature is required to make contact with the brain from time to time and complete the 12 dependent links that manifested it in the first place to be reported or reflected back to the AWARENESS, but since PERCEPTION LINK is now broken due to brain abnormalities, the volitional acts and subsequent Consciousnesses steps are not getting complete as is there as per the order sequence of the 5 elements of the non-Self. Due to this various Consciousnesses are now slowly becoming weaker and are eventually wiped out.

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Monks;

In old days we had cameras that would click the image of you but would first be stored as NEGATIVE form on a BLACK plastic film, from this NEGATIVE the actual PHOTO COLOR COPY would be produced. You may Consider the NEGATIVE IMAGES as the NON-SELF version of the actual Photo hard color copy aka the Self, and from these the ANIMATED MOVIE visual experiences may be formed.

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THE Film CAMERA when it clicks the Image of the object, DOES NOT CARE if the object has 'Consciousnesses' or the object is without the Consciousnesses, it just clicks the IMAGE as NEGATIVE format only to be converted to actual hard color copy, in the same way monks, all the SELF or FORM (earth elements or tactile/logical objects) when they come in contact with the EYE or other sense organs, they are first converted and stored as NON-SELF form at the NERVE LOCATIONS, tightly grouped and circuited by the NEURONS. From these non-self elements of the SELF, then the actual Consciousnesses is made available to the AWARENESS.

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/ Additional optional info below from the Google Search ; START**

Does the brain have RAM? How much RAM and hard drive space does a human brain have ... Lisa Saksida, a professor at Western University in London, Ont., says the closest comparison to RAM in our brains is short-term memory. Human short-term memory holds about seven items.

NERVE CELLS:

Nerve cells are also called neurons. Neurons are present all over your body, especially in your brain and spinal cord. Nerves, together with your brain and spinal cord, are the foundation of your nervous system. A type of cell that receives and sends messages from the body to the brain and back to

the body. The messages are sent by a weak electrical current. Also called neuron.

EYE NERVES: The optic nerve is comprised of millions of nerve fibers that send visual messages to your brain to help you see. You have an optic nerve at the back of each eye that connects directly to your brain. Each optic nerve is a one-way connection, and it only carries signals from your eyes to your brain. The optic nerve is a bundle of nerve fibers that serves as the communication cable between your eyes and your brain.

EAR nerves: Nerve cells (neurons) in the spiral ganglion project sound signals to tiny hair cells also located within the cochlea. These hair cells convert the sound signals into nerve impulses that are carried by the cochlear nerve trunk to the brainstem and eventually to the brain, for interpretation.

Nerves are like cables that carry electrical impulses between your brain and the rest of your body. These impulses help you feel sensations and move your muscles. They also maintain certain autonomic functions like breathing, sweating or digesting food. Nerve cells are also called neurons. A type of cell that receives and sends messages from the body to the brain and back to the body. The messages are sent by a weak electrical current. Also called neuron.

What is nerve and its function?

Nerves are the fundamental structural and functional unit of the peripheral nervous system. They comprise the fibre- like structures that send and receive the signals between the brain and the body. They contain the nerve cells or neurons that help in signal transduction and processing.

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There are three types of nerves in the body:

Autonomic nerves. These nerves control the involuntary or partially voluntary activities of your body, including heart rate, blood pressure, digestion, and temperature regulation.

Motor nerves. ...

Sensory nerves.

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How do nerves work?

The nervous system takes in information through our senses, processes the information and triggers reactions, such as making your muscles move or causing you to feel pain. For example, if you touch a hot plate, you reflexively pull back your hand and your nerves simultaneously send pain signals to your brain.

The brain is what controls all the body's functions. The spinal cord runs from the brain down through the back. It contains threadlike nerves that branch out to every organ and body part. This network of nerves relays messages back and forth from the brain to different parts of the body.

What color are nerves?

What is the color of nerve cells? - Quora

Nerve cells, also known as neurons, do not have a specific color. They are typically colorless and transparent. Neurons are information messengers. They use electrical and chemical signals to send information between different areas of the brain, as well as between the brain, the spinal cord, and the entire body.

Efferent neurons — these take messages from the central nervous system (brain and spinal cord) and deliver them to cells in other parts of the body. Afferent neurons — take messages from the rest of the body and deliver them to the central nervous system (CNS).

Neuron Functions:

Sensory — carry signals from the senses to the CNS. Relay — carry signals from one place to another within the CNS. Motor — carry signals from the CNS to muscles.

Memory: It's All About Connections, When we learn something—even as simple as someone's name—we form connections between neurons in the brain. These synapses create new circuits between nerve cells, essentially remapping the brain. Memory is the reactivation of a specific group of neurons, formed from persistent changes in the strength of connections between neurons. The brain simmers with activity. Different groups of neurons (nerve cells), responsible for different thoughts or perceptions, drift in and out of action. Memory is the reactivation of a specific group of neurons, formed from persistent changes in the strength of connections between neurons.

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In Alzheimer's, however, damage is widespread, as many neurons stop functioning properly, lose connections with other neurons, and eventually die. According to scientists, memories are formed as a result of connections between neurons in the brain. New connections (synapses) are formed each time a new activity is learned. The more a person participates in a particular activity, the stronger the synapses and associated memories tied to the activity become. The most common feature of dementia is the loss of the ability to form new memory traces.

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Alzheimer's usually damages the connections among neurons in parts of the brain involved in memory, including the entorhinal cortex and hippocampus. It later affects areas in the cerebral cortex responsible for language, reasoning, and social behavior. Plaques develop in the hippocampus, a structure deep in the brain that helps to encode memories, and in other areas of the cerebral cortex that are involved in thinking and making decisions. Alzheimer's disease is thought to be caused by the abnormal build-up of proteins in and around brain cells. One of the proteins involved is called amyloid, deposits of which form plaques around brain cells. The other protein is called tau, deposits of which form tangles within brain cells. Alzheimer's disease is characterized by two abnormalities in the brain: amyloid plaques and neurofibrillary tangles. Amyloid plaques, which are found in the tissue between the nerve cells, are unusual clumps of a protein called beta amyloid along with degenerating bits of neurons and other cells. Memories are formed as a result of connections between neurons in the brain, When we learn something—even as simple as someone's name, we form connections between neurons in the brain. These synapses create new circuits between nerve cells, essentially remapping the brain. The remapping signifies sense impressions tightly grouped together for a phenomenon experienced.

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In Alzheimer's, however**, damage is widespread, as many neurons stop functioning properly, lose connections with other neurons, and eventually die**

******/ Additional Info END**

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EXPERIMENT to Identify the NERVE FIBRE/AXON/Neuron Cells, where the non-self is stored- May-4-2024

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Monks;

The ROLE of the NEURONS is to CONNECT BRAIN with the EXACT LOCATION of NERVE FIBRES where the Elements of the Self for a specific phenomenon or experience born out of 6 sense media are stored as non-self.

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Let us do this experiment [along with the medical science fraternities] as below:-

1) Identify the **PERSON 'ABC"** on whom this experiment will be performed

2) Now, Bring a NEW **PERSON 'JOHN'**, and let the person '**ABC**' have a good look at 'JOHN'. **JOHN** has never seen this person 'ABC' before this experiment day. This would have created a NEW consciousness or awareness of person 'JOHN' in the MIND of person 'ABC' and also the awareness of person 'ABC' inside the person JOHN.

3) Now Let the person 'JOHN' go away.

4) After the wait of 10 minutes, let the PERSON 'JOHN' enter the room again where the person 'ABC' is made to sit.

5) As soon as 'ABC' sees the person 'JOHN', the area of NERVE FIBRE where the Elements of the Self are stored as non-self, that identify the person 'JOHN' shall light up.

6) **How this works is that as soon as the person 'JOHN' enters the room, person ABC's eye sends visual signals to the BRAIN, and immediately NEURONS are fired up to locate any previous occurrence of the same visual stored anywhere inside the body location aka NERVE fibers, and as soon as NERVE fiber that already has a non-self record of the visual image of 'JOHN' is identified, NEURONS CONNECT this NERVE FIBRE location with The BRAIN, and thus, we see the area of NERVE lights up as part of the experiment to indicate the location of non-self record of the above phenomenon or experience of person 'ABC' seeing the person 'JOHN'**

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Spiritual science explanation of NEURONS/AXON/NERVE fibers, on how the non-self data is accessed- May-5-2024
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Monks;
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I come from the INFORMATION TECH background from the days when software products were being made from scratch, not like the later days when the whole software package was already built by ONE company and they would just implement the same software at different client locations. The idea was good, but many software engineers then became accustomed to working on already-built software and were just writing extensions. Thus, they were denied the experience of DESIGNING THE SOFTWARE PRODUCTS FROM THE SCRATCH which involved presentation diagrams [which required lots of interaction with business heads and department heads], data flow diagrams, and entity relationship diagrams along with the architecture of entire software product that would come out eventually.
.
Anyway, so my point is that since I am accustomed to entire product development from scratch I may be able to analyze the workings of spiritual science and the location of data storage areas and how this data is accessed from the body and and is then made available as Consciousnesses to the awareness. Also, I also come from THE Advanced customer support background where most of my work involved sensing how the customer problem would be solved simply by inferring the understanding of the problem based on a few inputs stated during the logging of the incident ticket.
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Now Monks; it is already established that for every outside or inside CONTACT (visual, voice, or thoughts, or coming from any of the 5 sense media) is established with the BRAIN, weak electrical signals and chemical reactions are the two things that come into the work. Chemical reactions are mostly sensations or the Consciousnesses being created on account of reactions aka volitional acts towards the weak electrical signal coming from mental contents because of the contact with the brain.
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Now Monks, From our experience we all know that as soon as a VISUAL CONTACt of a NAME-FORM is made with the EYE, the entire scenario from the past about that visual contact name-form ARISES in thoughts to make us aware of the past experiences that we have had with this visual contact.

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Also, from our experience, we know that even when we witness a specific incident or phenomenon, AWARENESS is made available of the similar or related scenarios that we may have seen or encountered in the past.

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And in another example, at a given time of the day, all the ITCH Consciousnesses get activated across the body.
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From the above example we can infer, whether the CONTACT of a

phenomenon is made through internal contact (past unresolved Consciousnesses getting activated) or whether the contact of the brain is made through the 5-sense organ that witnesses the outside phenomenon in the form of visual or voice contact or other sense contacts, THE NEURONS are immediately fired to form a BRIDGE between the BRAIN and the location of NERVE aka the AXON where the past Consciousnesses in the form of tightly grouped and CIRCUITED non-self-elements are stored for past experience of the phenomenon being experienced in present moment, or say the phenomenon has NO past experience available, even in that case, first the non-self elements of the phenomenon being encountered are first stored at NERVE FIBRES aka AXON and from there the bridge is then ESTABLISHED between the BRAIN and the NERVE FIBRE/AXON location that now stores the non-self data of present experience being tight grouped and circuited by NEURON cells.
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Thus NEURONS continue to look for similar experiences/data of the present phenomenon and get ALL THE NIERVE LOCATION / AXONS that have related information available, and then the BRIDGE is then formed among the several NERVE fibers/AXONS and the BRAIN to give a 360-degree view of the past and present experiences of the phenomenon occurring in present moment.
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The NEURON is a SEARCH ENGINE of the material form and continues to search for EVERY CONTACT that is made with the BRAIN coming from any of the 6-sense media (including thoughts), and brings in the 360-degree view of all the collected data from various NERVE location and finally makes it available to the AWARENESS.

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AXONS/NEURONS/Alzheimer's and subsequent PROGRESSIVE loss of EGO-Consciousnesses (II) - May-8-2024

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Monks;

5-sense media Consciousnesses are only the RECEIVERs of the CONTACT/sense impressions, but the actual Consciousnesses fabricated are stored at nerve fibers/AXONS across the body. Just like a TREE creates one more BRANCH to provide more fruits, in the same way, the BODY continues to create NERVE FIBRES/AXONS across the body to store the NEWLY created Consciousnesses that are born out of the contact of 6 sense media.

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Alzheimer's disease is thought to be caused by the abnormal build-up of plaques around brain cells. In Alzheimer's, however, damage is widespread, as many neurons stop functioning properly, lose connections with other neurons, and eventually die. Thus, the connection between various sense impressions aka ego-consciousnesses is lost, and grouped information which is otherwise available by tightly synced neurons is not being made available to the brain due to abnormal buildup of protein and plaque around the brain cells.

Thus, what happens is that Consciousnesses although available at NERVE FIBRES, since these Consciousnesses are being reported in parts due to abnormal brain damages, the Consciousnesses being reported are not being allowed to be completed as per its manifestation process during their birth, now these Consciousnesses can not be made available to the AWARENESS.

Any Consciousnesses that goes through objective observation and equanimity aka NO REACTION shall get cleansed to blissful or neutral first but non-completion of the same due to brain abnormality [abnormal build-up of plaques around brain cells] which is NOT allowed to complete the entire path as is manifested during its birth process or as in 12 dependent links due to the perception link broken, then, such a Consciousness can not be made available to the AWARENESS.

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Consciousnesses are tightly grouped phenomena, circuited by neurons STORED at AXONS/NERVE FIBRES.

Also, the manifestation of Consciousnesses occurs as per the law of 12 dependent links and subsequent formation of 5-non-self elements of the Self (Form, feelings, perceptions, volitional act, and Consciousnesses) at the AXONS/Nerve Fibres. Now as per the LAW OF NATURE, all conditioned Consciousnesses and also those Consciousnesses that are the result of CONTACT with the BRAIN due to outside phenomenon must ARISE, PERSIST, and CEASE after completion as per 12 dependent links, as manifested during their birth. That means every consciousness after the CONTACT with BRAIN, must complete the next STEP OF VOLITIONAL ACT which manifested it in first place. Any Consciousnesses that are observed objectively and with EQUANIMITY (No Reaction) upon their RE-ARISING, change to the blissful or neutral without any volitional act.

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But those Consciousnesses which upon ARISING after the CONTACT with the BRAIN, could not be completed as per the 12 dependent links due to the BRAIN issues, then these Consciousnesses shall fall into the LOOP where they can not proceed further from the link of PERCEPTION towards the final VOLITONAL ACT as per the established during the order of SEQUENCE towards 5-non-self elements of the Self (Form, feelings, perceptions, volitional act and Consciousnesses), and in that case, NO REFLECTION FROM THESE Consciousnesses is made available to the AWARENESS, as Consciousnesses could not be fabricated out of non-self elements due to the BROKEN PERCEPTION LINK due to the brain issues as is in the case Alzheimer's.

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Let's construct this as steps:

5-sense media Consciousnesses are simply the RECEIVERs of the CONTACT, but the actual Consciousnesses are stored at AXONS across the body. Just like a TREE creates one more BRANCH to provide more fruits, in the same way, the BODY continues to create NERVE FIBRES/AXONS across the body to store the NEWLY created Consciousnesses that are born out of the contact of 6 sense media.

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EXAMPLE ONE)

There is a VISUAL CONTACT

Visual signals are SENT TO BRAIN through the NEURONS.

NEURONS, further SEARCH FOR THE SAME VISUAL CONTACT that may have been stored at several AXONS/Nerve Fibres ACROSS THE BODY.

Suppose AXON data are found for the visual CONTACT. In that case, all the phenomena are collected and made available to AWARENESS, giving the awareness a 360-degree view of all the experiences that may exist as past Consciousnesses stored across several AXONS/Nerve FIbres across the body.

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EXAMPLE TWO)

There is a SPECIFIC scene being depicted in a MOVIE playing on TV

Visual signals of those phenomena are SENT TO BRAIN through the NEURONS.

NEURONS, further SEARCH FOR THE SAME VISUAL PHENOMENON that may have been stored at several AXONS/Nerve Fibres ACROSS THE BODY.

Suppose AXON data are found for the visual PHENOMENON. In that case, all the phenomena are collected and made available to AWARENESS, giving the awareness a 360-degree view of all the experiences that may exist as past Consciousnesses stored across several AXONS/Nerve FIbres across the body.

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And, in the case where the PERCEPTION LINK IS BROKEN, 12 dependent links cannot be completed for the given arisen Consciousnesses. In that case, NO REFLECTION of arisen Consciousnesses is made available to the AWARENESS as is in the case of Alzheimer's. Thus, although the Consciousnesses may still exist at the AXON / Nerve Fibre locations, there is no way they are made available to the AWARENESS as the perception link is now broken due to the abnormal build-up of plaques around brain cells which does not let the 12 dependent links completed for the given arisen **Consciousnesses.**

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Is this Human life an illusion of COSMIC consciousness [v/s DREAMS] ? May-10-2024

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Monks, The DREAM is nothing but THOUGHTS in the SLEEPING STATE. The BRAIN has started creating thoughts while the one is in a DEEP-SLEEP STATE.

Based on fearful thoughts, sensual thoughts, and specific trauma-related thoughts, BRAIN creates RELATED scenarios through the thought process and since this is happening in DEEP SLEEP STATE, we say, we saw the dream,

and WHO was the WITNESS of this dream monks? the SAME OLD 'WITNESS FORM' aka the 'AWARENESS' that never changed from birth till date of the human life.

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Now Monks, to say that THIS HUMAN FORM aka the BODY-MIND-PHENOMENON is simply an appearance in cosmic consciousness just like a DREAM appeared as dream consciousness, and therefore an ILLUSION may give the wrong idea about our existence. There is a high CHANCE that MANY will be DISILLUSIONED into thinking that since the body-mind phenomenon is just an appearance in COSMIC Consciousnesses and therefore an illusion, then what is the need to take this world seriously or even think about enlightenment etc,?

.

Monks, What is happening here is that by the grace of EGO-Consciousness, a specific witness-form is allowed to experience human life, sea life, Animal Life, sky life, and other such lives based on which type of the material form aka the BODY the witness form has formed an EGO-Consciousnesses with. Once the BODY cycle of birth and death that is acquired by the "witness form" has ended, the "witness form" as per the law of nature either continues its journey by acquiring another 'material form' or merges with BRAHMA as per the NIBBANA process taken by the witness-form.

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The mind-body phenomenon, therefore, is NOT an illusion, the witness-form is made to feel every phenomenon tied with acquired material-form that the witness-form has acquired through the ego-**consciousness and only by the process of SELF REALIZATION and NIBBANA, the WITNESS-FORM is made aware of detachment, equanimity, consciousness features and that by that process, it learns to alleviate the sufferings that the witness form is otherwise being made to feel during the birth-death cycle of the material-form.**

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The journey of the SOUL aka the AWARENESS aka the WITNESS form is VERY REAL and to say it is just an illusion of "COSMIC consciousness" or a COSMIC drama may give the wrong idea of the existence to the common people. The definitions of "WHAT IS REAL [life is real]" and "WHAT IS AN ILLUSION [dreams are an illusion]" must be made clear to the common people to avoid any wrong actions by a few misinformed people with respect to their life decisions if this distinction of REAL and UN-REAL is not made clear during the spiritual science learnings and gatherings.

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Very Good Discourse on managing the sufferings. Vedanta soc of NY, By Swami SarvaPriyaNanada ji □□□□□
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https://youtu.be/5jQjggAOm-4?si=KNN1guWP09lenxhs

https://youtu.be/5jQjggAOm-4?si=lg_MJZE_93wq4xIZ

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Anatomy of DEEP-SLEEP / What is DEEP-SLEEP Consciousness? May-11-2024

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Monks;
We are a bundle of Consciousnesses, that are stored across the AXONS/NERVE FIBRES. There are AXON/NERVE FIBRES for both material-form-body-Consciousnesses aka the Consciousnesses that were supplied to the material-body as a DEFAULT FEATURE that makes a specific body behave in a specific manner as per the supplied default Consciousnesses during the birth, and the EGO-Consciousnesses that have been collected from the birth till date as part of life cycle of that material-form after the birth.
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Thus,
You shall FIND that KIDNEY has its own nerve fibers/axons where KIDNEY-Consciousnesses are stored, which make the KIDNEY function in a specific manner as per the DEFAULT Consciousness-features supplied for that kidney.

.
You shall FIND that HEART has its own nerve fibers/axons where HEART-Consciousness are stored, which make the HEART function in a specific manner as per the DEFAULT Consciousness-features supplied for that HEART.
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You shall FIND that LIVER has its own nerve fibers/axons where LIVER-Consciousness are stored, which makes the LIVER function in a specific manner as per the DEFAULT Consciousness features supplied for that LIVER.
.

You shall FIND that EYE has its own nerve fibers/axons where EYE-Consciousness are stored, which makes the EYE function in a specific manner as per the DEFAULT Consciousness-features supplied for that EYE.
.

You shall FIND that EAR has its own nerve fibers/axons where EAR-Consciousness are stored, which make the EAR function in a specific manner as per the DEFAULT Consciousness-features supplied for that EAR
.
And then there are several EGO-Consciousnesses fabricated as 'knowledge-of-relatives', 'knowledge-of-parent-and-siblings', 'knowledge-of-EDUCATION', 'WORK-Consciousness-for-a-company', and so on.

.
And then there are several EGO-Consciousnesses fabricated as 'NAME-FORM', 'Designations', 'NICK-NAME', 'WORK-Consciousnesses', and so on.

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And then there are several EGO-Consciousnesses fabricated as 'knowledge-of-ENGINEERING', 'knowledge-of-SOFTWARE', 'knowledge-of-VEDANTA', 'knowledge-of-Spititual-Science', and so on.
.
What is EGO-Consciousness Monks?
The **EGO-Consciousness is manifested as per the logic of 12 dependent links rooted in "5 elements of non-self**", having a completion path as manifested during its birth process as part of the '4-noble-truths'.

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Thus, the arising of every CONDITIONED EGO-Consciousness after making CONTACT with the BRAIN means, that it must COMPLETE the manifestation path as decided during its birth process, and thus, such an EGO-Consciousness is made available to the AWARENESS on its every arising and when the CONTACT with the BRAIN is made, ONLY AFTER and it has completed its complete path as per the 12 dependent links or as per 4 noble truths, or as per the order of 5-elements of the non-self that ended in COGNIZING of the said CONDITIONED EGO-Consciousness that has activated as per the law of nature to get it resolved to either blissful or neutral.

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The MATERIAL DEFAULT SUPPLIED Consciousnesses as per the birth process (Kidney-**Consciousnesses**, liver-**Consciousnesses**, eye-**Consciousnesses**, ears-**Consciousnesses** and so on) work as per their features to complete the job of the organ to which these Consciousnesses are tied as part of the birth process.

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Monks, the AWARENESS continues to seek one or another Consciousness as per the law of nature and only the STRONGEST Consciousness takes precedence by the AWARENESS, while the other LESSER stronger Consciousnesses although are going about completing their arising and passing away as per the manifestation process that gave them the birth, nevertheless on account of STRONGER Consciousness that is being made available to the AWARENESS in the PRESENT MOMENT subdues all the other Consciousnesses.

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Now Monks;
DEEP-SLEEP-Consciousness, is the strongest Consciousness that is gifted to us by the creator, and once this 'DEEP-SLEEP-Consciousness' is active, all the other Consciousness are subdued and only the DEEP-SLEEP-Consciousness is primarily attended by the AWARENESS, that means although the other Consciousness are still arising and passing away and are being reflected back to the awareness, nevertheless the AWARENESS is overpowered by the STRONGEST DEEP-SLEEP-Consciousness, and thus does not feel the other Consciousnesses as it would if there was NO deep-sleep-state.
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Now in DEEP SLEEP STATE, the AWARENESS aka the witness form is made to attend to only the DEEP-SLEEP-Consciousness, subduing all the other Consciousnesses in the background and therefore as soon as DEEP-SLEEP-Consciousness is completed, we wake up to find all the other Consciousnesses being felt by the awareness as they were before going into the deep-sleep-state.
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Deep Sleep state, therefore, is nothing but the subduing of all the other Consciousnesses, and the primary attention of AWARENESS is made to shift to attend to only the DEEP-SLEEP-Consciousness as a primary feature. If the deep sleep state is not deep enough, there is a possibility of other SECONDARY stronger Consciousnesses being felt alongside of LIGHTER DEEP-SLEEP-Consciousness.

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and in the case, where specific **Consciousnesses are not allowed to complete their entire path as manifested during 12-dependent-links, after the CONTACT with the BRAIN, then, in that case, these Consciousnesses are NOT MADE AVAILABLE to the AWARENESS, and thus, the person is said to be the case of "*Alzheimer's***", where he CANNOT make any volitional acts (Physical, verbal or mental) on account of non-reflection of arisen **Consciousnesses to the AWARENESS which would otherwise result in VOLITIONAL ACT if the Consciousnesses**

were allowed to complete their entire path as per 5-non-self-elements and 12-dependent links.

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Understanding the LAW OF 4-Noble-Truths - May-12-2024

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Monks;

The "Blessed One" has already pinned down the misery to the concept of "4-Noble-Truths"; That, EVERY ARISING IS A MISERY and has origination tied to 12-dependent-links, 4-noble-truth, and 5 elements of the non-self in their order of sequence.

"The LAW of 4 NOBLE TRUTHS":- 1-MISERY, 2-cause or origination of MISERY, 3-CESSATION OF MISERY, and 4-'PATH TO THE CESSATION OF THE MISERY'

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Monks, when discerning the ARISEN "conditioned Consciousness", one must know what PATH [original 4 NOBLE TRUTHS PATH] this conditioned Consciousness is seeking to complete its 12-dependent-links so that this Consciousness can be to be made available to the AWARENESS aka the Witness_form? For example, the "4 NOBLE TRUTHS PATH" as it exists for a given arisen "conditioned Consciousness" has to be CHANGED to the PATH that shall bring the arisen "conditioned Consciousness" to the BLISSFUL or NeUTRAL nature.

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If there arises an ITCH-conditioned Consciousness that seeks the volitional act of SCRATCHING THE SKIN SURFACE of the affected SKIN, then this Consciousness is said to be conditioned, conditioned by the volitional act of SCRATCHING THE SKIN SURFACE of the affected SKIN. Thus, the ORIGINAL "4-Noble-Truths" PATH that exists for the ITCH Consciousness seeks a volitional act. In contrast, if the SAME ITCH Consciousness is repeatedly made to go through the objective DETACHED observation and equanimity (No Reaction), then the "4-Noble-Truths" PATH for the ITCH Consciousness can be CHANGED to NO REACTION i.e. the arisen ITCH Consciousness then does not seek the volitional act of scratching the skin surface.

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Or, the SADHAK'S are trained to switch the ATTENTION of the INNER VISION immediately without wasting even a SECONDS PAUSE, upon seeing the arising of conditioned Consciousness of ITCH [or upon arising of any type of conditioned Consciousness], to the "deathless elements" in the form CHANT WORD of "ANICCA" or "ANITYA" or any other blissful CHANT WORD, for which the SADHAKS have already been trained in the past ON CHANT WORDS JAPPA in such a way that by merely shifting the attention to the CHANT WORD, one is free from the attention of arisen conditioned Consciousness.

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Monks, The point being made here is, that ALL THE ARISEN CONDITIONED Consciousnesses seek the completion path as per their manifestation process during the birth of new Consciousness. They are later CHANGED to Blissful, UN-conditioned, or neutral by switching the attention of inner vision to the CHANT WORDS and by objective observation and equanimity DURING their NEXT ARISING by following the rules of DHAMMA to change these Consciousnesses to unconditioned or neutral.

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The Unattached Self || □□□□ □□□□ || by Swami Sarvapriyananda Ji] - May-13-2024
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Found a 3-year-old discourse on AWARENESS, so beautifully explained by Swami Sarvapriyananda Ji [The Unattached Self || □□□□ □□□□ || by Swami Sarvapriyananda]

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While I have learned the understanding of the same as part of my own self-realization journey, I can identify with everything Swami ji says in this discourse as I have understood it through Self-Realization.

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Self reveals to those who seek to reveal as SWAMI Ji has said in one of his discourses, and that is coming true in my case, although the self-realization is a SLOW JOURNEY, nevertheless, I am steadily going forward on this path now automatically, as I have reached the stage where the Self has started to reveal itself looking at my journey of past 4 years.

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Watch it and make yourself aware " that you are an AWARENESS where the mind-body phenomenon is making an appearance just like movies are displayed on One Screen, the metaphor of movie Screen and AWARENESS is informed to make it simple for common people to understand the concept of AWARENESS more easy.□□□□□□

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https://youtu.be/jID0akelFB0?si=1ENfzBtDtR3Iq3aa

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https://youtu.be/jID0akelFB0?si=1ENfzBtDtR3Iq3aa

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WHO AM I, Monks? - May-14-2024

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Just as, a TIGER CUB having lost its abode, finds his way toward the herd of sheep and learns to live among them, and having grown amongst them forgets that he is a TIGER, and one day he sees his image in lake water and understands that he is not the SHEEP and explores further to find his real identity;

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In the same way, monks, this witness-form having lived as material-form-Body since the birth of the material-form-Body, forgets that he is NOT a MATERIAL-FORM, he continues to identify themselves with mental contents and body sensations of the material-FORM, he continues to identify himself with MENTAL HINDRANCES born out of 6 sense bases of material-form, and thus lives a MISERABLE LIFE that belongs to the material-form.

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And one day, by the grace of spiritual knowledge, he "the witness-form" learns that he is NOT THE MATERIAL-FORM, and hence neither of mental contents, neither body sensations and neither the mental hindrances belong to him. They are all MERE PROJECTION to the AWARENESS element of the witness-form, just like a MOVIE is merely a projection on the SCREEN and the SCREEN does not IDENTIFY itself as the MOVIE being played in present time slot, in the same way monks, the PLAY OF Consciousnesses

that is reflected back to the AWARENESS of the witness-form, The witness-form learns to NOT identify himself with what is merely a projection of mind-body phenomenon.

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Having learnt this Monks, What does the WITNESS-FORM do henceforth?

1)

Witness-form learns to NOT REACT towards the mental contents, body sensations, and mental hindrances with the understanding that these are just appearances inside the Witness_form_AWARENESS, a mere reflection of the mind-body phenomenon in the form of Consciousnesses.

2) Witness_Inner_Vision aka the AWARENESS, Witness_WISDOM along with the GUNA'S (Sattva, TAMAS, RAJAS), Witness_Consciousness, and Witness_EGO are the elements of the WITNESS_FORM, The Witness-FORM must understand that this is the way HIS EXISTENCE IS DEFINED. The Mind (subtle/non-self)-Body (gross-5-earth elements) is not his existence, mind-body is merely an ACQUIRED EGO, which must be used as a TOOL to exit the BHAV SAMSARA and achieve NIBBANA where a witness-form finally SEVERES all the BINDING with the MATERIAL-WORLD and merges with the highest formless entity aka the BRAHMA.

3) Witness-form performs VOLITIONAL ACTS (mental, verbal, and physical acts) that are NOT CONDITIONED by body-mind phenomenon, the witness form uses his own Witness_WISDOM along with the Witness_GUNA'S (Sattva, TAMAS, RAJAS) when performing the volitional acts.

4)

The Witness-form uses the BRAIN of the material-form-Body to perform material-world-related analysis and subsequent volitional acts using witness-wisdom alongside and continues to perform volitional acts in such a way that they DO NOT GIVE RISE to conditioned Consciousnesses.

5)

Having learned NOT to get involved with mental contents and body sensations born out of the material_form_body, I choose to park my inner vision aka the awareness AT the deathless elements aka the CHANT words or I prefer to simply walk my inner vision starting from the top of the head to bottom feet, scanning with the inner vision from head to toe/feet, making sure to walk the inner vision aka awareness over every arisen or not arisen

sensations/incidents across the body, moving swiftly within seconds from head to toe and reverse [never in zigzag or circle positions]

6)

And What is Law of nature with respect to AWARENESS Monks?

That, AWARENESS continues to seek one or another Consciousnesses, hence we must EXPLICITLY supply the Consciousnesses of type blissful, neutral or those that are deathless types.

Hence, we continue to focus our attention to the CHANT WORDS (they are blissful and deathless), or other times, we continue to SCAN the body from top head to bottom feet, moving swiftly within seconds, making sure to walk the inner vision aka the awareness through every incident on the body part, and in the hindsight what happens is that as we move our vision through the body parts, they are first sent to the BRAIN as signal to receive the existence as part of the impression coming from the sense media (body in this case) and from there are they are REFLECTED BACK to the AWARENESS as one of the element of the WITNESS_FORM.

BRAIN of the material-form-body is where material-form-body and witness-form establish SELF v/s NO_SELF appearance that is reflected to the awareness. BRAIN PERCEIVES the arisen Consciousnesses and subsequent volitional act may be completed to signal the cognising of the Consciousness and finally making it available to the AWARENESS element of the witness-form.

In the case where BRAIN is DEAD or partially available due to plaques build-up around the brain cells, then the person may develop "alzheimer's" or go into the COMMA which implies that ARISEN Consciousnesses can no longer be completed on account of NO LINK /Or partial link available with the BRAIN which is common link between the awareness and the material-body-form. The "**ABSENCE OF BRAIN**" clearly means all the stored EGO-Consciousnesses and material-Consciousnesses can no longer be reflected back to the AWARENESS.

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MARCHING towards Witness_Consciousness (leaving behind material+Ego_Consciousnesses) - May-16-2024 // Towards the glimpse of the PAST LIFE Consciousnesses

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Monks;

For those who came in late, let's define these two first;

What is MIND ?= Mind is an aggregate of material_Consciousnesses (default supplied to the body by the creator)+Ego_Consciousnesses (collected during the life cycle of the body) + Witness_Consciousnesses stored across the body nerve fibers/axons (Invisible to the MIND, and only available when the mind-body phenomenon is abandoned as part of Self Realization)

What is BRAIN ?= Used for analysis and thoughts by the material-form-body aka human-body or living body and by the WITNESS-FORM

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Now Monks;

Consider the example of an EMPLOYEES and the OWNER of the COMPANY as below:

Now Monks, If there was an OWNER OF the COMPANY who by ignorance IDENTIFIES himself by the EMPLOYEES he keeps to RUN his company, he ignorantly considers EMPLOYEES problems AS his OWN problems, EMPLOYEES' home issues AS his OWN issues, EMPLOYEES LOAN issues As his OWN issues, and so on. Similarly monks, there is a WITNESS-FORM which has acquired the material-form-body and by ignorance, IDENTIFIES ITSELF with the MENTAL CONTENTS of the "acquired material-form-body" as his own, IDENTIFIES ITSELF with the BODY SENSATIONS of the "acquired material-form-body" as his own, Identifies itself with the MENTAL HINDRANCES born out of the "acquired material-form-body" as his own and so on;

And one day by GRACE of circumstances and knowledge, The OWNER of the COMPANY LEARNS NOT TO IDENTIFY HIMSELF by the EMPLOYEES he keeps, starts to understand that an EMPLOYEE's personal problems are their own problems, that, EMPLOYEES' home issues are their own issues, and EMPLOYEE'S LOAN issues are their own issues, and so on. Similarly monks, there is a WITNESS-FORM which has acquired the material-form-body and after the Self Realization, abandons the ignorance, learns NOT TO

IDENTIFIES ITSELF with the MENTAL CONTENTS of the "acquired material-form-body" as his own, learns NOT TO IDENTIFIES ITSELF with the BODY SENSATIONS of the "acquired material-form-body" as his own, learns that MENTAL HINDRANCES born out of the "acquired material-form-body" as NOT his own, and so on;

And henceforth, the OWNER OF THE COMPANY simply acts like WITNESS or OBJECTIVE OBSERVER to the EMPLOYEE's activities, does not get involved with their personal issues, and acts only when he deems fit so, in the same way, monks, the WITNESS_FORM becomes the objective observer of the mind-body phenomenon, DOES NOT get involved with mental contents and body sensations born/arisen out of 6 sense bases of the material-form-body that it has acquired as part of its journey towards nibbana and Self Realization, and continues to direct the material-form-body using the witness-form_WISDOM along with the GUNA'S along with using the BRAIN of the material-form-by for material-world related analysis and related volitional acts;

And having understood NOT to get involved with the EMPLOYEE's personal issues, the OWNER of the COMPANY, now with fully focused attention only looks after the welfare of the company he owns, In the same way, monks, the WITNESS-FORM free from Mind-Body Phenomenon, now focuses completely on NIBBANA and SELF Realization and attains BRAHMN (Sat Chit ANANDA) state and makes efforts to continues to maintain this SAT CHIT ANANDA STATE (existence, Consciousnesses, and Bliss) for the rest of the life of the material-form-body and finally merges with the highest Self aka the BRAHMA to end the cycle of birth and death.

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And What is the law of nature monks concerning AWARENESS?

That, AWARENESS continues to seek one or other Consciousnesses, and that, all Consciousnesses continue to ARISE, PERSIST for a while, **and CEASE, and since the WITNESS_FORM has now abandoned the Materail-form- Consciousnesses arisen out of mind-body phenomenon, what Consciousnesses shall now arise monks?**

The Consciousnesses that are coming from the **"PAST LIfe"** stored inside withness_Consciousnesses are the ones that shall now start to surface, and monks, discerning these ARISEN WITNESS Consciousnesses, a Monks can now understand 'what was the cause of the present birth?"

And, as soon as even one of the PAST LIFE Consciousnesses comes to the surface and makes CONTACT with the BRAIN, the arisen mental contents displayed to the awareness shall bring all the embodied

related past life Consciousnesses to the surface and give you a 360-degree view of the PAST LIFE Consciousnesses projected to the AWARENESS. Thus, monks, we have to see, if after having completely abandoned the mind-body phenomenon that arose out of the material-form-body, the PAST LIFE Consciousnesses may be the NEXT ARISINGS since the WITNESS-FORM is now free to dwell on its own WITNESS_Consciousnesses, and there exist Consciousnesses from the several appearances of the witness-form that has taken acquired several material-form-body across several birth and death cycles of the material-form-body as part of PAST LIFE experiences/appearances of the WITNESS-FORM.

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The Dangers of DIRECT PATH towards ENLIGHTENMENT - May-19-2024

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Monks, Creating a SPIRITUAL COURSE that may CREATE DEFILEMENTS, just as allopathic medicines are created along with SIDE EFFECTS, can be avoided, if the EXPERIENCED SADHAK himself has gone through the course PRACTICALLY.

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Now, defilements are very common if the spiritual course is NOT DESIGNED properly, and having suffered DEFILEMENTS as a side effect of the spiritual path myself, I have understood HOW NOT TO CREATE DEFILEMENTS when creating a spiritual course. And Trust me monks, the DEFILEMENTS that I suffered varied from creating breath pattern changes, mental issues to the level of life-threatening side effects of NOT following the spiritual path instruction mostly because they were NOT CLEARLY DEFINED by the course designers or were NOT mentioned clearly inside the BOOKS.

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Now I am at the stage where I know HOW NOT TO CREATE DEFILEMENTS because every aspect of my understanding of spiritual path is based on practical experience where I make sure to look for any smallest defilements if et all they arise.

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Secondly, It is very important to teach the SADHAK about the COMPASSION and LOVINGNESS features after every session of the course, on a daily basis, as WE DO NOT WANT to create Narcissists and Psychopaths as a SIDE EFFECT of teaching SADHAK NOT TO GET INVOLVED WITH MENTAL CONTENTS, FEELINGS, and BODY SENSATIONS as part of the learnings, as teaching the SADHAK to get over the FEELINSG without teaching them about following COMPASSION AND LOVINGNESS in daily life may create SADHAK who are STONE COLD without any feelings and as a side effect some of these SADHAKS may turn into Narcissists or Psychopaths, having lost connection with the mental contents and feelings and body sensations as part of the teachings.

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Thirdly, we can bifurcate the SPIRITUAL PATH into TWO PARTS, one where they are TAUGHT to DEAL WITH THE SUFFERINGS and other part which extends up to the ENLIGHTENMENT where SADHAK find Sat Chit ANANDA state. Learning of KRISHNA consciousness shall be combined with every spiritual path discourse where sadhaks are taught about karma yoga, bhakti yoga, CHANTINGS, and Sankhya yoga along with the Krishna and ARJUNA episode where Krishna tells Arjuna about the BHAGWADA GITA in total.

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My point is We have to create the DIRECT PATH which does not create DEFILEMENTS and which does not create STONE COLD Narcissists and Psychopaths as a side effect of the course.

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ESTABLISHING TIMELESS, SPACELESS REALM of AWARENESS -

Waking/Sleeping/Dreaming states - Why dreams run faster- May-22-2024

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Monks,

WAKING STAGE = where all 5 sense media are CREATING NEW consciousness along with arising and passing away of already cognized consciousnesses through the CONTACT with BRAIn.

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SLEEPING STAGE = TIME and SPACE factors are subdued, NO NEW consciousnesses are allowed to be created, All the other existing consciousnesses which are LESS STRONGER than the SLEEP-consciousness are subdued, and although they still arise and pass away but their reflection to the awareness is also subdued.

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DREAMING STAGE: Since the barrier of 5 sense media is SUBDUED with respect to the strongness factor of the SLEEP-consciousness, only the BRAIN is working, the TIME and SPACE factor are SUBDUED, and hence the REFLECTION OF THOUGHTS to the AWARENESS seems FASTER in dream state as DREAM is nothing but THOUGhTS in SLEEP STATE.

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Now Monks,

TIME, SPACE, and 5 sense bases belong to the material world, whereas AWARENESS works in the FORMLESS world, and we can establish this with the following example:

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During the SLEEP STAGE, all the 5 sense media are subdued, and in the case of the following scenarios:

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1_ Mosquito bite, THE ITCH SENSATIONS, sends neurons itch signals to the BRAIN, from where these NEURONS are fired across the body to find similar occurrences of the ITCH sensations that are ALREADY or newly cognized within the body. These NEURONS FORM a BRIDGE between the BRAIN and all such locations where already cognized or newly formed "ITCH-consciousnesses' exist, thus giving 360-degree FEELINGS of the ITCH all across the body, ESTABLISHING the PRIMARY ATTENTION to the STRONGEST AVAILABLE ITCH-consciousnesses location of the body part to start with. This location of itch-consciousness is REFLECTED to the AWARENESS as the primary attention.

The AUTOMATIC VOLITONAL ACT towards the ITCH consciousnesses is decided based on how the iTCH consciousnesses were BORN or manifested during its birth process. So if we have been scratching the skin surface in response to the ITCH sensation, then even in the sleep stage, the cognized volitional act with respect to the consciousness is performed automatically.

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2_ SENSUAL_DESIRES_SENSATIONS, THE SENSUAL_DESIRES_SENSATIONS, sends neuron signals to the BRAIN, from where these NEURONS are fired across the body to find similar occurrences of the SENSUAL_DESIRES_SENSATIONS that are ALREADY cognized or newly formed within the body, and these NEURONS FORM BRIDGE between the BRAIN and all such locations where already cognized or newly formed "SENSUAL_DESIRES-consciousnesses' exists, thus gives 360-degree FEELINGS of the SENSUAL_DESIRES_SENSATIONS all across the body, ESTABLISHING the PRIMARY ATTENTION to the STRONGEST AVAILABLE SENSUAL_DESIRES_SENSATIONS-consciousnesses location of the body part to start with, and this location of SENSUAL_DESIRES_SENSATIONS-consciousness is REFLECTED to the AWARENESS as the primary attention.

So, if we have been CREATING SENSUAL THOUGHT PROCESS in response to the SENSUAL_DESIRES_SENSATIONS, then even in the sleep stage, the cognized volitional act of SENSUAL-THOUGHT-PROCESS with respect to the SENSUAL_DESIRES_SENSATIONS_consciousness is performed automatically.

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In the sleep stage, The SENSUAL_DESIRES_SENSATIONS on making the CONTACT with the BRAIN completes the SENSUAL-THOUGHT-PROCESS even in the sleep state and since there is NO TIME and SPACE BARRIER and 5 sense bases are SUBDUED, the REFLECTION OF THE THOUGHTS appear FASTER to the AWARENESS as AWARENESS works in formless, spaceless, and timeless REALM, and also due to the ABSENCE or subduing of the 5-sense media, reflects the THOUGHTS that are happening in sleep stage in FASTER SPEED, as the BRAIn is trying to complete all the stages as cognized in SENSUAL_DESIRES_SENSATIONS_consciousness.

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Thus, Monks, we can now say that if there were no 5 sense media, then the formless WITNESS_FORM and its AWARENESS works in timeless, spaceless REALM, and this is CLEARLY ESTABLISHED BY THE DREAM PROCESS where due to the absence of 5 sense-bases, the THOUGHT PROCESS that is performed in SLEEP STATE can reflect the thoughts back to the AWARENESS in movie form, in FASTER SPEED, while the SAME THOGHTS WOULD HAVE appeared

to the AWARENESS with respect to the TIME and SAPCE REALM, SLOWER if they were performed in WAKIN STAGE.

.

Monks,

IN WAKING STAGE the THOUGHTS are reflected to the AWARENESS tied to the SPACE and TIME REALM of the MATERIAL_WORLD, so the thoughts appear slower in tune with the time and space realm of the material world.

IN SLEEP STAGE/ or DREAM STAGE, the THOUGHTS are being performed during the SLEEP STAGE where 5 sense bases and time and space realm are also subdued, thus THOUGHTS are being reflected to the AWARENESS, NOT tied to the SPACE and TIME REALM of the MATERIAL_WORLD, and so the thoughts appear FASTER in tune with NO time and NO space.

PS: This also ESTABLISHES that there are 5 SENSE BASES and NOT 6 senses, as we were including BRAIN as 6th sense base which seems wrong , as with the 5 sense bases in SLEEP STATE subdued, the BRAIN and its thoughts seems to work in timeless and spaceless REALM as seen in the above example.

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NEURONAL FRENZY at the time of DEATH- May-22-2024

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Monks, it has been reported by neuroscientists that just after the heart stops functioning, for the next 2 minutes there is EXTREME NEURONAL ACTIVITY inside the brain before the brain shuts down too.

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Let's decode what may be happening at the time of death:

Now, Monks, the BRAIN overlaps AWARENESS and the material-form-body, which means the BRAIN is a BROKER that continues to reflect the material and ego-consciousnesses to AWARENESS on a continuous basis. Thus, we can say that AWARENESS or the WITNESS-consciousness is the complete COPY aka RELAYED or REFLECTED NO-SELF form of material and ego consciousnesses of the acquired Body.

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During death, the BRAIN LOSES CONTACT with all the Material consciousness that arises, persists for a while, and ceases to SIGNAL their existence.

a. HEART has stopped, so BRAIN CAN NOT PERCEIVE EXISTENCE OF HEART, so the HEART-consciousness is reflected as EMPTY or NO SUCH ORGAN to the AWARENESS.

b. EYES have stopped, so BRAIN CAN NOT PERCEIVE EXISTENCE OF EYES, so the EYES-consciousness is reflected as EMPTY or NO SUCH ORGAN to the AWARENESS.

c. KIDNEYS have stopped, so BRAIN CAN NOT PERCEIVE EXISTENCE OF BODY, so the BODY-consciousness is reflected as EMPTY or NO SUCH BODY to the AWARENESS.

c. all the 5-SENSE bases have stopped, so BRAIN CAN NOT PERCEIVE EXISTENCE OF ANY OF the 5-sense-Media, so the BODY-consciousness aka all the 5-sense-bases are reflected as EMPTY or NO 5-sense-bases to the AWARENESS.

and so on.

Similarly, since Material consciousness CANNOT be reflected to the AWARENESS, EGO_consciousnesses or the consciousnesses collected during the life cycle of the material-form-body are also LOST.

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NOTE: AWARENESS after losing CONTACT with 5-sense-media or the BODy is NOW in time-less and space-less REALM. After losing CONTACT with the BODY, The CONSTRAINT OF TIME AND SPACe no longer applies to the AWARENESS as the real nature or existence of AWARENESS is formless which is time-less and space-less REALM. At this time the CONTACT between the BRAIN and the AWARENESS happens at a speed that is free from time and space constraints.

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There now exists only the AWARENESS and the BRAIN for those 2 minutes of time after the HEART has stopped functioning, and in those 2 minutes entire material consciousnesses and Ego-consciousnesses are WIPED OUT of AWARENESS, ONLY THE STRONGER consciousnesses that exist in the MEMORY PART of the BRAIN are now reflected back to the AWARENESS to be carried forward to the next appearance of the Witness-form aka the AWARENESS towards acquiring of the new body.

.

What shall happen when the BRAIN itself is damaged during the DEATH?

In that case witness form has to carry the ENTIRE BULK of UNWIPED material consciousnesses and EGO-consciousnesses to the new appearances and you may find that newly acquired body is made to resemble the material-consciousnesses and ego-consciousnesses carried forward from the previous appearance of the witness-form, and these brought forward material and ego consciousnesses are re-written on the nerve-fibres aka AXON of the newly acquired body to be available as consciousnesses to the newly acquired material-form-body and such a body may appear very intelligent as most of the consciousnesses are carried forward from the previous life cycle of the body since there were not wiped out due to the brain damage at the time of death.

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The Self Realization, that this BODY is just a device for WITNESS_FORM has scared me - May-23-2024

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Monks, For the first time today the realization was established through the DREAM EXAMPLE, that while my body aka 5 sense media was ASLEEP or in DEEP SLEEP, The BRAIN continues to provide the EXPERIENCE OF THOUGHTS in the form of a MOVIE and reflects it back to the AWARENESS element of the WITNESS FORM and since the WITNESS_FORM lives in its OWN TIMELESS, SPACELESS REALM, the thoughts produced in a sleep state by the BRAIN REFLECTED FASTER PROJECTION to the AWARENESS element of the witness-form.

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Now, Monks, It appears from the dream example that the BRAIN and "5-sense bases" are two different REALMS, 5-sense media work in time and space REALM. In contrast, the BRAIN works in time and space constraints when the 5-sense media are AWAKE, and the time and space constraints of the BRAIN is LOST when the 5-sense media (body, eye, ear, nose, tongue) is in SLEEP STATE, thereby understanding that SLEEP-consciousness disconnects the BEINGS from time and space constraints is established, as the AWARENESS now can make direct CONTACT with the BRAIN in its own REALM which has no time and space constraints.

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That means monks, even the 5-sense media IMPRESSIONS or EXPERIENCES are being projected as movies format, back to the AWARENESS element of the WITNESS_FORM, although with the TIME and SPACE constraints. **This realization that AWARENESS aka the WITNESS-FORM is using the material-body, only to EXPERIENCE THE MATERIAL WORLD phenomenon and that my body is just like another iPhone/Android DEVICE, used ONLY to provide the material-world experiences to the WITNESS-FORm has simply SCARED me.**

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And Monks, that, it is NOT THE RESOLUTION OF BODY in the form of DEATH, that will save me from endless birth cycles, and that, I must now seek RESOLUTION OF THE WITNESS_FORM instead, to END the ENDLESS APPEARANCES of AWARENESS along with the acquired bodies, so that the miserable journey that I may have been taking for endless times can be STOPPED.

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This realization that the BODY I see now is just a DEVICE for the WITNESS-FORM has suddenly made me dispassionate [DISPASSIONATE} about it, and I must now seek resolution of the witness-form by DWELLING INTO the past life consciousnesses and discern those consciousnesses to find what caused my present birth of this body or the present appearance of the witness-form.

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This knowledge of Self Realization that has revealed the truth of this BODY as just another device for the WITNESS_FORM, has not only SCARED me but also made it clear that the consciousness WITNESS_FORM must be RESOLVED in order to end the cycles of miseries. Thus, it is the RESOLUTION OF WITNESS_FORM I shall seek henceforth.

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MEDITATING ON AWARENESS and letting go of the mind-body phenomenon seems the next step now. RESOLUTION OF AWARENESS/WITNESS_FORM is the ACTUAL Self Realization we shall seek henceforth. Mind-body phenomena are now transcended as the first step, but the actual NIBBANA shall come only through discerning past life consciousnesses and seeing the cause of the present birth or re-appearance of the witness form that has acquired this material-body.

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ESTABLISHED - That, WITNESS_FORM is the DOER - May-23-2024

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Monks;

As the owner of this very material-form-body (Mind-Body), the acquired possession of the WITNESS_FORM, WITNESS_FORM is the one that is supposed to take the REIGNS of the material-form-body and direct it during its life cycle.

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So Long, the WITNESS_FORM is NOT AWARE, that mind-body aka this acquired material-form is NOT THE DOER, it (the witness-form) shall continue to suffer the consequences of NOT directing the material-forms mind-body-phenomena by continuing to COLLECT SENSE IMPRESSIIONS and SUBSEqUENT consciousnesses that are CONDITIONED by craving/aversion/delusion and clinging.

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By the process of Self Realization, WITNESS_FORM is made aware that this MATERIAL_FORM_BODY is just an acquired possession, and just like a MAN RIDING the HORSE REIGNS the HORSE firmly and directs its every move, in the same way, this MIND-BODY must be directed by the WITNESS_FORM and any ignorance on this aspect shall cause the WITNESS-FORM to suffer the consequences that are the result of NOT DIRECTING the material-form-body, and till the time the WITNESS_FORM by ignorance, continues to IDENTIFY itself as MIND-BODY and NOT THE WITNESS_FORM aka the AWARENESS that it is in reality, it shall continue to suffer the miseries of material-form-body.

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By the process of Self Realization, WITNESS_FORM learns NOT TO IDENTIFY itself as mind-body, distances itself away from creating the CONDITIONED mind-body phenomenon, and then, it FIRMLY takes the reigns of the material-form-body and directs it in such a way that consciousnesses that are the result of the sense impressions are NOT CONDITIONED or afflicted. By doing so, it achieves the existence, consciousness, and BLISS state eventually.

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CAN WE SHIELD the NEXT GENERATION (Including the present generation)

FROM MENTAL ISSUES (KRISHNA consciousness) - May-30-2024

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Monks,

If we bring in CHANTING, "RIGHT at the beginning of our EDUCATION curriculum from the PRE-SCHOOL and primary education stages", and make CHILDREN CHANT the "HARE KRISHNA MANTRA" and OTHER FORMS OF CHANT WORDS" on a daily basis; then we would have trained or shielded these CHILDREN from MENTAL ISSUES for their lifetime as such DAILY CHANTING would train them to BREAK THE AWARENESS CYCLE simply by chanting any of the CHANT MANTRA. To keep the experience of CHANTING AFRESH, one can switch to different forms of chant words, whenever one feels tired of chanting the same words, he can switch the chanting to another chant word. **Therefore, I propose that at least 'one hour' of chanting be taught to children daily, right from the pre-school level.**

** Only in the beginning 6-8 weeks, "HARE KRISHNA MANTRA" chanting is very important so that CHILDREN are accustomed to the finest form of CHANTING that the "KRISHNA consciousness" Is **

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In "KRISHNA consciousness", one is taught to CHANT 16 rounds (One round is 108 chants of the entire CHANT mantra) in ONE GO. Still, I tell you this, even if one chants at least 3-4 rounds to start with, on a daily basis, one would have experienced and learned to shift AWARENESS to blissful deathless elements in the form of CHANT WORDS. Anytime during their lifetime, all he or she has to do is to CHANT THE MANTRA and he or she shall be out of the mental content affecting him in the present moment, in just a few seconds.

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It is already established that AWARENESS aka Inner vision continues to SEEK one or other consciousness as per the law of nature, and monks, since we know the law of nature, we shall EXPLICITLY FOCUS the attention of the inner vision aka awareness to the CHANTING or CHANT words, and this has to be done immediately, as soon as arising of next "MENTAL

CONTENTS and BODY SENSATIONS" aka conditioned consciousness is seen arising, and Monks, what is important here is that one must not wait even for a SECOND to explore the arisen conditioned consciousness or senssations in the form of mental contents or body sensations, and a monk, immediately shifts his attention to the FOCUSED CHANTING or CHANT WORDS in SPOKEN FORM or FOCUSED inner mind chant, and thus he is relieved of the affliction that may have resulted from arisen consciousness of we had mistakenly or ignorantly started to engage with them.
.
Monks, The law of nature brings all the conditioned consciousnesses to the surface and that is the time to cleanse them of their affliction or conditioning to change them to consciousness of type BLISSFUL or NEUTRAL through CHANTING as mentioned above. As we continue to CHANT AWAY the arisen conditioned consciousnesses with no-reaction, slowly all the consciousnesses are being turned into blissful or neutral as we have learned not to react to them, by ignoring them right there at their arising and explicitly shifting attention to the FOCUSED CHANTING that is done with the INTENT TO PREVAIL OVER ALL THE consciousnesses that one is surrounded within the present moment.

.

And **WHAT IS THE RULE ONE MUST FOLLOW DURING THE CHANTING?**

That Monks, Any chanting done while interacting with the WORLDLY MATTER, alongside thoughts is a CHANTING GONE WASTE, this type of chanting shall not give you any result.

That monk; While chanting with spoken word, one must LISTEN or HEAR their OWN CHANT VOICES, ensuring that while chanting, one only listens to the VOICE CHANT and NOTHING ELSE.

That Monks; While doing INNER MIND CHANT [chanting inside the mind), one must READ or SEE the ENTIRE CHANT WORD, making sure that while chanting, one SEES and READS THE ENTIRE CHANT WORD during the inner mind chant of the chant mantra or the chant word.
**** Chanting Note: INNER MIND CHANT can not be done for long durations, Inner Mind chant is good only if done for a minute or 2, one must chant in spoken words always ****

Monks, this is the ONE WAY AND SIMPLEST and DIRECT PATH TO LET GO OF forming of the NEW elements of the SELF or new sense impression and subsequent CONSCIOUSNESSES, as in the WORDS OF THE BLESSED ONE, the MATERIAL WORLD interactions must be let go, to discover the SELF that is acquiring the material form, and for that one must let go of all

the 5 elements of the SELF, in the world of mind and matter and phenomenon.

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PS:

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SOME OF THE CHANT WORDS OR CHANT MANTRA one can use to shift the attention

to the CONSCIOUSNESSES of type blissful or neutral is as follows:-

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RADHE RADHE RADHE RADHE

HARE KRISHNA MANTRA: Here is the full TEXT of the mantra:

Hare Krishna, Hare Krishna
Krishna Krishna, Hare Hare
Hare Rama, Hare Rama,
Rama Rama, Hare Hare

YOUTUBE link for chanting help:

https://youtu.be/N74o3G_cTAA?si=xpHMU67rln33W0sG
https://youtu.be/g_lya8EmxCc?si=1AO2V8jXqvwVjlVx

.

HARE KRISHNA HARE KRISHNA

OM NAMAH SHIVAY OM NAMAH SHIVAY

ANITYA ANITYA ANITYA ANITYA (SANSKRIT- Impermanent nature of the CONSCIOUSNESSES and the knowledge that these shall pass too soon)

ANICCA ANICCA ANICCA ANICCA [PALI] (Impermanent nature of the CONSCIOUSNESSES and the knowledge that these shall pass too soon)

AUM (□ -Aum) AUM (□ -Aum) AUM (□ -Aum)

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** Chanting Note: for the INNER MIND CHANT one must choose a CHANT WORD which is at least 15-20 letters in length, If not then you must repeat the same word twice to make it larger in length, for example, the chant of RADHE RADHE can be repeated twice or thrice at one go, and one must chant in spoken words always if possible. Inner chant with short words may cause blood pressure issues as chant of the small words seems to get attached to breath pattern and that causes fatigue and higher BP within just a few days. Switch immediately to ANULOM VILOM pranayama if that happens. [choose long chant words like "HARE KRISHNA MANTRA" or "OM NAMAH SHIVAAY spoken 3 times" or "HARE KRISHNA spoken thrice", for inner chant purposes. Chant in spoken form can be done with any length of chant words. CHANTING in spoken form is always preferred. Also, the INNER CHANT [chanting inside the mind], DOES NOT require seeing or reading the chant word as informed earlier, simply inner chant the CHANT word. And, when doing CHANT in spoken words, listen to your own chanted voice and vibrations of the CHANT word. **

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Also, the INNER CHANT [chanting inside the mind], DOES NOT require seeing or reading the chant word as informed earlier, simply inner chant the CHANT word. And, when doing CHANT in spoken words, listen to your own chanted voice and vibrations of the CHANT word.

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Some More NOTES on Chanting:

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Monks;

The LAW OF NATURE is thus, that the Inner Vision always is seeking some or other CONSCIOUSNESSES, and that is why you see, one keeps switching from ONE AWARENESS to ANOTHER, and most of the time these AWARENESSES are of MISERABLE NATURE.

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Monks; CONSCIOUSNESSES COGNIZED IN THE PAST or being created in the present moment, shall be made available to the INNER VISION aka AWARENESS from time to time, and these awarenesses persist for a while. Then shifting to the next awareness, this is the cycle one keeps attending to the whole life.

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Now Monks; **what is the FOOD FOR AWARENESS?**

CONSCIOUSNESSES is the answer. As and when the CONSCIOUSNESSES are made available to the AWARENESS, one keeps feeling the effect of the same, and since most times these awarenesses are attending to the CONSCIOUSNESSES that are afflicted or conditioned, conditioned by craving/aversion/delusion (I, ME, Mine), and clinging, and thus, one is always miserable.

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So Monks; **How do we come out of this miserable cycle, where AWARENESS keeps us busy attending to the one or other conditioned or afflicted CONSCIOUSNESSES?**

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Monks; **CHANT WORDS** or **CHANT MANTRA** are of BLISSFUL or NEUTRAL CONSCIOUSNESSES, and **it is already established that CONSCIOUSNESSES of the type BLISSFUL or NEUTRAL CONSCIOUSNESSES are the RESOLUTION FOR CONSCIOUSNESSES that are CONDITIONED or AFFLICTED.**

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CAN WE STOP THIS EVIL PLAY of appearances and game of consciousnesses FOREVER?- May-31-2024

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Monks;

The assumption that the REALITY is just a GAME of appearance and an ILLUSION although true for the WITNESS_FORM, but, we shall NOT FORGET that this is the GAME where PARTICIPANT WITNESS_FORMS are actually thrust into the MATERIAL WORLD as part of SOME KIND OF PUNISHMENT and are made to go through the number of appearances with different bodies till the GAME IS UNDERSTOOD by the participant WITNESS_FORM and is released from the CYCLE OF MISERY.

.

The WITNESS_FORM is actually made to descend in JUNGLE, taking avatar as RAT in the colony of RATS, AVATAR as BIRDS, AVATAR as goats, etc, and is made to feel the ACTUAL PAIN till the death of that AVATAR, only to realize that he must now make another appearance with another body.

.

NOW, MY POINT is, that BUDDHA has already informed us that we shall PLAY IN SUCH A WAY that WE MAKE IT UNFIT FOR further PLAY, and we as WITNESS_FORM, must practice for the ENDING OF THIS GAME OF appearances and cycle of birth and death not only for an INDIVIDUAL WITNESS_FORM but for all the WITNESS_FORMS.

.

JUST LIKE a HERO IN A MOVIE goes inside the DEN of an EVIL PERSON and destroys everything that makes it possible for that EVIL PERSON to play the evil game that creates suffering for all around him, in the same way monks, when must find a way to STOP this EVIL CYCLE BEING PAYED ON EARTH FOREVER for every witness-FORM.

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For the HIGHEST EVIL ENTITY THAT HAS DESIGNED THIS MOST EVIL GAME and is subjecting the WITNESS_FORMS to go through the EVIL PLAY, I WOULD RATHER FIND A WAY to DESTROY THE WHOLE GAME, than fall into the TRAP of Self Realization and nibbana paradox for individual witness-forms. In my opinion, this is the evilest GAME that we are being made to play for whatever reasons by that HIGHEST EVIL ENTITY, and if possible we shall work to DESTROY the ENTIRE GAME rather than play it and try to find reasons by dwelling on RESEARCH on consciousness etc.

.

In the AVATAR movie, where HERO (MAN) is made to wear the headset and his AVATAR is made to connect with him through the BRAIN HEADSET, where, HERO decides to live as AVATAR finally, is what has to be avoided in reality by the witness-form.

.

My point is, WHY SHALL WE BECOME PART OF THIS EVIL PLAY?, WHY NOT INSTEAD DESTROY THE ENTIRE GAME of the EVIL ENTITY who has designed this most evil game?

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NUKING THE ENTIRE EARTH seems the better option rather than becoming part of this game, we must solve this problem once and for all for all the WITNESS_FORMS, and save them for appearances on this EVIL EARTH, sending the PERFECT MESSAGE TO THAT MOST EVIL ENTITY who has designed this game, that WE DO NOT WANT TO PLAY THIS GAME OF YOURS. PERIOD.

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Material World and the SOUL aka the WITNESS_FORM - Jun-5-2024

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Monks;
MATERIAL WORLD is for REAL. This EARTH is a PLAYGROUND for the highest entity that SENDS SOULS (Awareness along with its own 'wisdom and GUNA's' and 'consciousness' and 'EGO') to acquire one of MATERAIL_WORLD_BODY and experience the material world, and as per the law of that higher entity, the SOUL is released ONLY AFTER THE DEATH of the MATERIAL_WORLD_BODY.
.
Monks,
Just like a MAN from INDIA [Mother Country] were to travel to the USA or UK [New Resident country], and he follows the LAW OF the RESIDENT COUNTRY, In the same way, the SOUL after acquiring the MATERIAL_WORLD_BODY must follow the LAW of RESIDENT MATERIAL WORLD.
.
And, after reaching the resident country, the MAN finds abode as ROOM-MATE [soul] at one of the RESIDENT MAN/WOMAN of that country, in the same way monks, the SOUL finds its abode in one of the acquired MATERAIL_WORLD_BODY.
.
And, Just like MAN LIVING in a RESIDENT COUNTRY knows that he is here only for a purpose and must return back to the MOTHER COUNTRY after the job is done, in the same way, monks, a SOUL must be aware that the acquired resident BODY is merely a possession and that SOUL having directed the acquired Body for its life cycle, must return back to the HIGHEST ENTITY.
.

And monks, just like a ROOM-MATE [soul] living with another man/woman [resident body] knows that their existence is impermanent, like a room-mate, and thus, he does not IDENTIFY themselves with the problems of the MAN/WOMAN and simply GUIDES the man/woman throughout the life cycle, DETACHED, and upon the death of the MAN/WOMAN, he returns back to that highest entity. Living along with acquired material-world-body, it is the job of SOUL aka WITNESS_FORM to DIRECT THE RESIDENT BODY in such a way that mind-body-phenomenon are transcended and there are no traces of consciousnesses that are afflicted.
.
But monks, in the case where ROOM_MATE [SOUL} has forgotten that he is simply a room-mate, and ignorantly continues to IDENTIFY themselves as another member of MAN/WOMAN's family, ENTANGLES HIMSELF with the material-world problems of the RESIDENT BODY [man/woman], in that case, monks, upon the DEATH OF THE RESIDENT BODY, the higher entity looks at that returned SOUL aka WITNESS_FORM'S "consciousness ELEMENTS", and if it finds TRACES OF MATERIAL_WORLD consciousnesses in the form of STRONG UNFULFILLED DESIRES or STRONGLY AFFLICTED consciousnesses, then that higher entity decides to SEND that SOUL aka WITNESS_FORM back to the MATERIAL_WORLD to acquired a new material-world_body, and this CYCLE OF APPEARANCE of SOUL continues till it has SEVERED ALL THE TIES with the material-world-consciousnesses and learns to return back with NO TRACES OF MATERIAL WORLD consciousnesses in any form.

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PHARMA's (I am with you this time)//FREE Download of SPIRITUAL BOOKS on Western websites - JUN-5-2024

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One of the important things when it comes to SPIRITUAL BOOKS related learning is that WE in BHARAT [India] DO NOT PROVIDE FREE DOWNLOADS OF BOOKS on India Websites, this is one of the biggest reasons we find, which prevents regular Indians from seeking knowledge that is of immense important to them. **In that sense, the "WESTERN websites" are very KIND and THOUGHTFUL, and they let us download these books on demand.**

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I tell you this from personal experience, although I failed miserably to perform or learn things because of my own shortcomings, during my vipassana course, the only thing that I learned during the course was that "Yes, this is what I am looking for to Investigate, once I am out of this

center after the course", and my further learning and Investigation was MADE POSSIBLE BY THESE WESTERN WEBSITES where I was able to download required spiritual books and later become enlightened enough to come out with my own version of practical aspects of the same.

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BHARAT [INDIA], you must learn this from the WEST, and START TO PROVIDE FREE SPIRITUAL BOOKS on INDIAN WEBSITES.

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Now I shall make another point here related to PHARMA's and consciousness;

I am sure Highest Entity has a way to teach and push some one to the spiritual path, and In my case it started from suffering medical issues, which I later leartn were ARTIFICIALLY created and sustained by PHARMA's, in many cases. In my opinion, diabetes is a SCAM, gastroparesis, and likewise, many other issues are a SCAM as they are actually created and sustained by medical pills, the way these pills are designed makes the patient hook on to them for life, thus providing lifelong revenues to pharma (I DO NOT BLAME DOCTORS ever, as they are part of the system where they must survive even if they are aware of these shortcomings). In my opinion one shall goto doctors only for accident and fracture-related issues apart from virus vaccines. There is NO NEED to go to doctors otherwise, or otherwise, there is a very good chance you will come up with a medical issue that was not there before as a SIDE EFFECT of one of the pills they offered you.

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They, ({PHARMA's) designate every such issue given by them as **IDEOPATHIC** (**CAUSE Unknown** - what this means is the issue came because of their own pills), and have you heard about the immune system attacking their own cells, this is because in one of the cases they tried to suppress the IMMUNE SYSTEM and as per the "**law of INHIBITOR CALLS OF MEDICINES"**, any organ or process that is SUPPRESSED or INHIBITED must BOUNCE BACK, REBOUND after the effect of the pill is subdued, and at a time when that process is not supposed to function.

.

What I was trying to say was that once I was made accustomed to medical conspiracies, the NEXT in line was to understand

SPIRITUAL SCIENCE methods to overcome some of the medical issues that could not be cured by the medical industry

.

Now initially I WAS concerned about what they [PHARMA's] would do the "consciousness", after discovering everything about it, and may in fact screw the consciousness eventually,as I know what they have done to medical industry, but after understanding the spiritual science to the level where the understanding that this material world is a EVIL PLAY, where WITNESS_FORMS aka the SOUL are made to descend to the EARTH and acquire the material-body and are made to go through the pains and perils that are actually part of material-body but are made to be feel by the witness-form till the life of the material-body, and that WITNESS_FORM_SOUL is made to make thousands of the such appearances till the process of NIBBANA has been understood by the WITNESS_FORM_SOUL so as to release from this cycle of birth and death and appearances with acquired bodies.

.

So this time, I AM WITH THE EVIL PHARMA, I ACTUALLY WANT THEM to create a AIDS or EBOLA kind of VIRUS for the consciousnesses, so that this EVIL PLAY of appearances can be destroyed forever. This is a GAME NOT WORTH PLAYING. And knowing well the PHARMA Lobby I am very sure they will eventually destroy the consciousnesses and make this earth free from evil play of that higher entity.

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VIRUS [Alzheimer's], that specifically attacks the "consciousness"- Jun-6-2024
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Monks;

consciousness is an "AUTONOMOUS UNIT", created as part of sense impressions and volitional acts that it expects to complete the entire manifestation path of that specific consciousness.
.
This is how an already cognized consciousness executes;
(FORM, FEELINGS, PERCEPTION, VOLITIONAL ACT cognized as consciousness)= AUTONOMOUS UNIT = execution PATH of specific consciousness
.
As per the LAW OF NATURE, every consciousness FIRST makes CONTACT

with the BRAIN (as can be seen in 5 KHANDA's, Order of elements of the Self), and the BRAIN then takes it further to execute the remaining PATH as is applicable to that specific AUTONOMOUS UNIT aka the consciousness. And If, the BRAIN, due to any reason cannot perceive, then all further execution STEPS of ARISEN consciousness as programmed during its manifestation process or birth, are STOPPED and the consciousness returns without completing the PATH or VOLITIONAL ACT as were manifested during its birth.

.

Thus, on seeing a PERSON, visual signals are sent to the BRAIN of Alzheimer's PATIENT, neurons are fired to find the existence of already cognized PERSON-consciousness where consciousness concerning that person-consciousness is found (yes, I know this person), and thus this person-consciousness then makes CONTACT with the BRAIN, where, if the patient was NOT the case of Alzheimer's, then he would recognize the PERSON and start interacting with him, but in this case, since the patient is Alzheimer's case, although the person-consciousness is FOUND, further volitional act are NOT PERFORMED as the BRAIN cannot PERCEIVE due to the Alzheimer's condition, and hence NO FURTHER VOLITIONAL ACT like "yes, I recognize you, so let's interact" ARE PERFORMED.

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/* From the Google Search-

Alzheimer's disease is thought to be caused by the abnormal build-up of proteins in and around brain cells. One of the proteins involved is called amyloid, deposits of which form plaques around brain cells. The other protein is called tau, deposits of which form tangles within brain cells. Alzheimer's disease is characterized by two abnormalities in the brain: amyloid plaques and neurofibrillary tangles. Amyloid plaques, which are found in the tissue between the nerve cells, are unusual clumps of a protein called beta amyloid along with degenerating bits of neurons and other cells */

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Speaking of VIRUS, that specifically attacks the "consciousness", Alzheimer's is a CLASSIC EXAMPLE, where new consciousnesses, or already COGNIZED consciousnesses are NOT ALLOWED to COMPLETE their manifestation path or steps, as were programmed during their birth, as the BRAIN cannot perceive and therefore, subsequent VOLITIONAL ACT can only be performed if BRAIN were to perceive naturally.

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Thus, if we can MIMIC the Alzheimer's symptoms where the brain cells are affected by plaque, then the FURTHER CREATION of consciousnesses can be STOPPED, the EXISTING consciousness on making CONTACT WITH THE BRAIN, RETURN EMPTY or NO FURTHER EXECUTION OF manifested path as programmed for that consciousness.

.

But the BIGGER problem is that WITNESS_FORM aka the SOUL is allowed

to be released only after the DEATH OF THE BODY, and although the patient is an Alzheimer's case, all the FEELINGS of the miseries are STOPPED as the brain cannot perceive anymore, and so AWARENESS is ALWAYS BLANK since NO consciousness are BEING REFLECTED to the AWARENESS, as BRAIN IS THE BROKER or LINK between the AWARENESS and 5-sense media, and if the BRAIN link is broken, it is like COMPLETE STOP FOR AWARENESS which can not find any consciousnesses coming back from the material-form-body.
.
THE PAIN is NOT reflected back, cut on body parts is NOT reflected back, as PAIN-consciousness and CUT-consciousness are although FORMED, but cannot be reflected back to the AWARENESS due to BRAIN abnormality.
.
SUCH a SOUL or WITNESS_FORM lives life in a LIMBO, nothing to reflect, nothing to perform as it cannot direct the acquired material-form-body due to the broken BRAIN LINK, it is like a PRISON HOLE for the witness_for aka the SOUL, ISOLATED from HIGHER ENTITY, ISOLATED FROM the acquired material-body and the MATERAL_WORLD, this is more painful situation for WITNESS_FORM aka the SOUL as it NOW waits for the BODY TO DIE so that it can be released.

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Why shall we DESTROY the PLAY OF consciousnesses as the final goal?- Jun-7-2024
+++++++

Monks;

**** THIS TEXT below, IS PURELY MY PERSONAL VIEW and CAN BE IGNORED ****

Having realized the PLAY OF HIGHEST ENTITY that makes the WITNESS_FORMS_SOULS to descend on earth and acquire the bodies, and each such body has a life span of 50-80 years, that means for a WITNESS_FORM_SOUL this acquired body is a PRISON HOLE, and the WITNESS_FORM_SOUL must complete the experience that is NOTHING BUT A SUFFERING, and what is PURE EVIL here is that the WITNESS_FORM_SOUL must make thousand of appearances with many bodies till the cycle of appearances is broken by the Process of Self Realization.

.

My point is that we have around 6 billion people, so how many SOULS can be released through self-realization?

WHY are we (witness-form-souls), subject to Sef Realization PARADOX and subsequent EVIL PLAY OF consciousnesses that is nothing but suffering?

.

Monks, EXISTENCE is suffering, birth is suffering, to live in the acquired body for 50-100 years is suffering and a thousand of such appearances thrust upon the poor SOUL is suffering.

.

And all this because, somewhere a HIGHER ENTITY who has designed this MOST EVIL PLAY of **consciousnesses,** wants to sit and experience the WORLD at the cost of the suffering of poor material forms that are made to be born so that SOULS can acquire them.

.

Now let's analyze the EXISTENCE OF GOD or DEMI-GODS (this is purely a fictional view of mine and can be ignored):

The HIGHEST ENTITY, which is responsible for this DESIGN and the EVIL PLAY of consciousnesses on the EARTH PLANET, knows how to provide consciousnesses as per the belief of a specific SECT or RELIGION, or a COMMUNITY or a BELIEF.

Thus, for those who believe in specific_God, specific_God_consciousness was provided with BLISSFUL and other mystic Godly ATTRIBUTEs, so that once specific_God_consciousness is INVOKED, the invoker will be made to feel specific BLISS attributed to the specific_God_consciousness.

.

Similarly, for those BEINGS, who believe in several Gods, so many GOD_consciousnesses and DEMI_God_consciousnesses were provided by that higher entity, and these Godly consciousnesses may have been ACTUALLY created with consciousnesses with the power of bliss and certain capabilities that make the beings believe in them.

.

Now, Let me guide you on this aspect since I am also a Self Realized Person when it comes to medical Industry related issues, when, around the year 2011, I was actually INFLICTED WITH LIFELONG HyperAcidity aka GASTROPARESIS through ACID BLOCKERS CLASS OF MEDICINES, where

I almost lost my entire stomach, lost 25 kgs of weight, and I had to take acid blockers (although FDA guidelines restrict them for 2-4 weeks, but, the doctors prescribes that for lifelong) after every meal, and upon realizing the CONSPIRACY and ANATOMY BEHIND these pills, not only I made myself free from medical issues which medical industry proudly call it an IDEOPATHIC (this actually means, we pharma are responsible for this issue so let's call it as '**Cause Unknown aka IDEOPATHIC"**), and also wrote blogs to make other free from the evil design of pharma's to keep patients hooked to pills by making the medical issues permanent. Not only this, after I understood the conspiracy of PHARMA, I next, researched diabetes type-2 and made my brother quit the DIABETES-type-2 pills and he has not taken these meds ever since.

If you go to them for Diabetes, they will make diabetes permanent, if you go to them for acid issues, they will make your acid issues permanent, convert them into gastroparesis and hyperacidity, and I actually remember that while in San Fransisco I made a ROUTINE CHECK for my eyes and I was told by the doctor there that my eyes are so perfect that I will not need reading glass for next 10 years, and after what liquid they put inside my eyes for testing purposes, I was on reading glass within 6 months (.25), so you can see they created another patient for eyeglasses through what was just a routine test. I went to the doctor for ear wash and I got Tinnitus right after that.

.

The medical industry upon realizing that people are discovering the truth about acid blockers and that GASTROPARESIS can actually be reversed, was forced to come out with the MOVIE so that people could be again misled, that yes gastroparesis was cured by God's miracle.

MIRACLES FROM HEAVEN - Official Trailer (ft. Jennifer Garner)

Synopsis: MIRACLES FROM HEAVEN is based on the incredible true story of the Beam family. When Christy (Jennifer Garner) discovers her 10-year-old daughter Anna (Kylie Rogers) has a rare, incurable disease, she becomes a ferocious advocate for her daughter’s healing as she searches for a solution. After Anna has a freak accident and falls three stories, a miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired.

https://youtu.be/CldGTG6iVrU?si=xRpZzkAPXiFN_6u_
https://youtu.be/CldGTG6iVrU?si=CWRbRl6aoUWQjfAS

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My point is this, wherever there is EVIL, there also is a way to get out of that EVIL provided we become informed citizens.

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Next in line is EVIL PLAY of **consciousnesses, being played on the PLANT EARTH, where the poor souls are being made to acquire the bodies, for the life cycle of that body, which means, it is a punishment for the SOUL and the body is nothing but a PRSION HOLE, and then there is a PARADOX of Self Realization, etc which may release few thousand or millions people from the sufferings, but my point is, WHY SHALL WE ALLOW THIS EVIL PLAY or EVIL GAME to continue by that highest entity?**

.

In SANATANA DHARMA to which I belong, there is a belief that when the suffering and ADHARMA become too much, Vishnu's avatars descend on earth to empower the good and fight evil, thereby restoring Dharma.

So, my question is that PEOPLE on EARTH shall FIRST SUFFER the EVIL for 100's of years and then the Godly AVATAR will come and restore the DHARMA. Ok Got that. Very good. So, every time DHARMA IS RESTORED, again the people shall wait for another 100-200 years for the next cycle of suffering before a new avatar comes again and restores the DHARMA again.

WHY SHALL PEOPLE WAIT for the Avatar to descend on earth to end the suffering for that brief period and again let the cycle of suffering continue for another 100- 200 years before the next avatar is made to descend again to restore the DHARMA?

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According to me, this is purely an EVIL PLAY, that must be stopped, Or we shall be able to NEGOTIATE with that highest entity to provide options to the SOULS to EXIT the PLAY at any point of time and NOT WAIT FOR THE Acquired BODY to die before they can be released.

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Monks;

We have been in a state in the dream where the dream is running at a faster speed, and due to the reaction to what is happening in the dream, we SCREAM but this scream of voice is in SLOW MOTION.

.

Monks; BRAIN works in the "time and space realm" when the 5-sense bases are active, and also BRAIN works in the "I**nfinite time and Infinite space realm**"When the 5-sense bases are subdued and the thought process aka the dream is occurring in the deep sleep state. We can say that in the SLEEP STATE, time and space CONSTRAINT are SUBDUED and hence BRAIN works in infinite time and infinite space REALM.

.

What is happening here is that in the DREAM STATE, time and space constraints are subdued for the BRAIN, and so, although the dream or thoughts process are being reflected back to the **AWARENESS** on FASTER SPEED, but, if there was REACTION to what is happening inside the DREAM, and we SCREAM while in sleep state/dream state, in response to the incident occurring in the dream, the SCREAM of VOICE is felt in SLOW MOTION as the paradox of "**infinite time and Infinite space** realm of DREAM STATE" overrides the "time and space constraint of the volitional act or VOICE coming from one of the 5-sense bases", that is trying to scream.

.

Thus, here we saw an example of the DREAM stage which is a "**infinite time and Infinite space Realm" and in that stage, if we try to use one of the 5-sense bases, then the volitional act appears to be happening in SLOW MOTION due to the " Time and Space Realm to which the 5-sense bases belong".**

.

BRAIN belongs to both realms based on whether the 5-sense bases are active (time and space realm) and whether the stage is of DREAM or sleep state (Infinite time and Infinite space realm)

Combination of time and space REALM (active 5-sense base) and "Iinfinite time and Infinite space REALM" (Dream state) - Jun-11-2024

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.

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Anesthesia/ Architecture of existence/Witness_consciousness v/s Reflected consciousness - Jun-14-2024

The Difference between Reflected Consciousness and the Witness_consciousnesses.

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Monks;

EXISTENCE or Re-Appearance of the SOUL aka the WITNESS_FORM_SOUL is DUE to the "CONDITIONED Consciousnesses/DESIRES", collected in the previous birth cycle of the acquired body.

Also, Monks, WITNESS_FORM or the SOUL is the combination of 4 elements that are carried forward for the next appearance of the "WITNESS_FORM or the SOUL" which acquires a new body to carry on the play of 'Consciousnesses' till the Self Realization and Nibbana is achieves as the highest result.

.

4-elements of the existence- 1-Witness_Inner_Vision aka the AWARENESS, 2-Witness_Wisdom with GUNA'S, 3-Witness_consciousness and 4-Witness_EGO_consciousness are the elements of the WITNESS_Form aka the AWARENESS aka the SOUL.

In this case;
Witness_consciousness_SOUL maintains RECORD OF ALL THE PAST life appearances of the SOUL/WITNESS_FORM with several acquired bodies to date.

Witness_EGO_consciousness maintains the RECORD of MATERIAL_FORM aka the BODY consciousnesses (all the 5-sense consciousnesses, Kidney consciousness, LIVER consciousness, Heart consciousness, and so on) PLUS + the consciousnesses/sense impressions/experiences collected from the birth of the body till today.

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Monks, EXISTENCE is clearly defined as 3 SHEETS, One-MAterial-form_BODY Two- SUBTLE BODY aka the total of materail_Consciousnesses + Ego_Consciousnesses 3- EXISTENCE aka the Witness-form_SOUL and whether we call this SIMPLY AS "AWARENESS" or "the bundle of 4 elements aka the SOUL" is purely a matter of choice of words.

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Now, the 5 sense bases of material form aka the ACQUIRED BODY are the INPUT/RECEIVING locations for the "elements of the Self aka 5-KHANDA'S" that subsequently form the EGO_consciousness, and the cognized consciousness first makes CONTACT with the BRAIN of the material-form and from where the consciousnesses are then made available or REFLECTED BACK to the AWARENESS element of the Witness-Form.

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IMP NOTE: 3-Witness_consciousness and 4-Witness_EGO_consciousness, both the element of EXISTENCE are updated for the ongoing phenomenon that are collected and made available to the AWARENESS aka Inner Vision Element of the EXISTENCE. Only the STRONGEST DESIRES or the STRONGEST Consciousnesses are updated/added to the "3-Witness_consciousness ", whereas 4-EGO_consciousness maintains the total record of Consciousness collected so far from the birth till date cycle of the BODY.

All the SENSE IMPRESSION collected at their respective material-consciousness (eye Consciousness, ear Consciousness, etc) LOCATIONS are first converted as NON-SELF records of the same and STORED at one of the AXON/Nerve Fibres and also they are then updated in the form of Cognized Consciousness at the 3rd and 4th element of the EXISTENCE (3-Witness_consciousness and 4-Witness_EGO_consciousness).

.

This is DONE to prevent the loss of DATA in the case of SUDDEN DEATH, as the EGO-Consciousness is supposed to get destroyed upon the death of material-form-body and only the WITNESS_Consciousness is supposed to be carried forward for the NEXT APPEARANCE of the SOUL_WITNESS_FORM. The WHOLE TRANSFER of the DATA between the material-form-body and the EXISTENCE aka the WITNESS_FORM_SOUL happens through the BRAIN which is capable of working in 'time and space zones' as well as 'INFINITE time and INFINITE SPACE zones'. In the case where the BRAIN itself is damaged, the EGO_Consciousnesses are NOT WIPED OUT and in that case, the whole bulk of EGO_Consciousnesses are carried forward to the next appearance of the SOUL which acquires the new body and the new body has the sense impressions re-written as carried forward through ego-Consciousness.

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.
Now, the 5 sense bases of material form-body aka the ACQUIRED BODY are the INPUT/RECEIVING locations for the "elements of the Self aka 5-KHANDA'S" that subsequently form the EGO_consciousness, and the cognized EGO_consciousness first makes CONTACT with the BRAIN of the material-form and from where the consciousnesses are then made available or REFLECTED BACK to the AWARENESS element of the Witness-Form. At the same time both the 3rd and 4th elements of the EXISTENCE [3-Witness_consciousness and 4-Witness_EGO_consciousness] are updated with these sense impressions in the form of cognized Consciousnesses.

.
What this means is that the absence of BRAIN due to any reason shall STOP the REFLECTION of consciousnesses to the AWARENESS as PERCEPTION is the LINK in the 'order of' the "5 elements of the Self" that decides the further order of things aka volitional acts to be executed, and in that stage of BRAIN DAMAGE all volitional acts stop, body sensations are not being made available to the AWARENESS, hence cut, wound, hot, cold feelings are also subdued or stopped.
.
Now Monks;
EGO is EGO_consciousness and Witness_EGO-consciousness is what collects all the material consciousnesses and subsequent sense impressions or the elements of the Self that were collected from the Birth till to-date of the acquired body. The Witness_consciousnesses has the RECORD of the past life of consciousnesses collected by the SOUL on account of the several appearances it has done with several acquired bodies across the 100s or thousands of the years of the life cycle of the SOUL or the WITNESS_FORM.
.
What we see, hear taste, and feel is first COGNIZED into the consciousness and this EGO_consciousness then makes CONTACT with the BRAIN and from where this consciousness is REFLECTED BACK to the AWARENESS. That is why one can separate the WITNESS_FORM away from the BODY during the Self Realization process in order to alleviate the sufferings with the knowledge that what I the AWARENESS_FORM is projecting are merely the EGO_consciousnesses that are part of the MATERIAL_FORM aka the body and thus consciousnesses or the elements of the Self is NOT WHAT I AM. I am merely a WITNESS_FORM aka the SOUL who is experiencing the material world that is just a REFLECTION of the sense impression coming out of the ACQUIRED material form aka the body

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Note on Anesthesia:

In the case where a BODY ORGAN is under "**Anesthesia**", the REFLECTION OF THE SAME is NOT made available to the AWARENESS as the "consciousnesses" existing at the **Anesthesia** affected body part are subdued and are thus NOT MAKING CONTACT with the BRAIN, which is the primary condition for all the consciousnesses to be able to reflect back to the AWARENESS element of the WITNESS_FORM_SOUL. The consciousnesses arise, make contact with the brain and from where they are REFLECTED to the witness-form-soul, but in the case of **Anesthesia affected body part, all the** consciousnesses existing at this location are subdued, do not arise, and are thus NOT made available to the AWARENESS.

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Let's talk about "qualia" - Jun-16-2024

Monks;

"qualia", are nothing but experience or feeling in response to a phenomenon.

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For example;

person-A on seeing a DOG may experience qualia of FEAR, ANXIETY, or PANIC towards the phenomenon of seeing the DOG

person-B on seeing a DOG may experience qualia of COMPASSION, the feeling of CARE towards the phenomenon of seeing the DOG

person-B on seeing a DOG may experience NO qualia or a NEUTRAL experience.

.

Monks; When one reacts to what is simply a "qualia", he/she may generate or create respective SENSATIONS, and these SENSATIONS are stored across the body at different locations in the form of a "chemical reaction" that was created in response to the QUALIA. For example, on seeing a Horror movie, QUALIA of FEAR is experienced, and chemical reactions aka the formation of SENSATIONS OF CHILLS across the head, legs, and spine are felt if the person is engulfed by the "qualia", and if he was NOT an objective observer.

.

Once the chemical reaction aka the SENSATIONS in response to specific QUALIA are created, the person automatically would respond in the same way on experiencing a similar QUALIA in the future, for example when seeing ANOTHER HORROR movie, the person may feel the same experience of chills across different parts of the body on account of NOT BEING an Objective observer.

.

Thus, Monks, If one is not an objective observer, 'QUALIA' may create SENSATIONS that are stored across the body, and these sensations are nothing but the 'consciousness created with respect to the QUALIA reaction' that have manifested on account of the qualia experience.

.

BUDDHA discovered that Body-SENATIONS OVERLAP BOTH the MIND AND MATTER FIELD. Thus, if the Body-SENSATIONS are resolved, the MIND or MENTAL content aka the QUALIA are also resolved. That means, if one has learned to observe the QUALIA as an objective observer, then, there are NO -SENSATIONS or chemical work created across the body. Or, in other words, when similar qualia or sensations or the Qualia_consciousness arise next time, and if one is an alert and objective observer, then, sensations are resolved simply by seeing them as an objective observer maintaining absolute equanimity.

.

CONDITIONED Qualia can be nipped in the bud if one is an objective observer and behaves with absolute equanimity.

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Monks,

BUDDHA discovered that SENATIONS OVERLAP the MIND AND MATTER FIELD. Thus, if the Body-SENSATIONS are resolved through DETACHED objective observation and equanimity [no reaction or volitional acts], the MIND or MENTAL content aka the QUALIA is also resolved. That means, if one has learned to observe the QUALIA as an objective observer, then, there are NO --SENSATIONS or chemical work in response to reaction towards sensations are created across the body. Or, in other words, when

similar qualia or sensations or the Qualia_consciousness arise next time, and if one is an alert and objective observer, then sensations are resolved simply by seeing them as a DETACHED objective observer by maintaining absolute equanimity [no reaction aka no volitional act].

.

Later during the Self Realization process, it was learned that EVERY QUALIA aka the experience is first COGNIZED as "consciousness" and then this cognized consciousness immediately makes CONTACT with the BRAIN, from there this cognized qualia aka the consciousnesses is REFLECTED to the AWARENESS.

.

[**from 12 dependent link:-** Conditioned by CONTACT there is a FEELING/qualia and CONDITIONED BY FEELING there is craving or desire as per the law of 12 dependent link, where CONDITIONED means BRAIN analysis leading to the labeled qualia (LABELED as 'Fear/desire/anger/anxiety/blissful/neutral etc')]

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Thus, if one looks at the law of 12 dependent links after the CONTACT of FORM is made at one of the 5 sense bases, at the PERCEPTION link (BRAIN analysis) aka 'CONDITIONED FEELING/qualia in 12 dependent links', the QUALIA is LABELED as 'Fear/desire/anger/anxiety/blissful/neutral, etc' and this QUALIA is immediately COGNIZED to qualia_consciousness and this cognized consciousness immediately makes CONTACT with the BRAIN, from there it is REFLECTED to the AWARENESS element of witness-form aka the SOUL.

.

Thus, now we can say that if Body-SENATIONS aka the 'chemical work' created in response to the reaction to specific qualia, OVERLAPS the MIND AND MATTER FIELD as discovered by the BUDDHA, then the cognized qualia aka the qualia_consciousness overlaps the MATERIAL_FORM and the WITNESS_FORM, meaning that, cognized qualia aka the consciousnesses, overlaps both the MIND and AWARENESS.

So, how do we resolve the qualia of any type, as AWARENESS continues to seek one or other consciousnesses as per the law of nature?

.

Thus, if the resolution of Body-SENSATIONS aka the 'chemical work created in response to the reaction to specific qualia' lies in DETACHED objective observation and equanimity [no reaction aka no volitional act], the resolution of qualia_consciousness lies in SHIFTING THE AWARENESS explicitly to the 'deathless elements'' in the form of **"CHANT_WORDS like ANICCA/HARE KRISHNA"**, so that AWARENESS is always explicitly PARKED AT CHANT WORDS, so as to move the AWARENESS away from consciousnesses it seeks as an ATTENTION as per the law of nature.

.

Thus, to resolve the qualia of any type, the AWARENESS can be trained to seek 'NO consciousness', and this training shall alleviate all kinds of miseries, as NO AWARENESS means NO MISERIES, as miseries are nothing but REFLECTED mental contents, reflected body sensations cognized as qualia_consciousness that are subsequently reflected via the BRAIN to AWARENESS.

Resolution of QUALIA, AWARENESS, Mental Contents, Body Sensations- Jun-17-2024

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Monks,

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So, how do we resolve the qualia of any type, as AWARENESS continues to seek one or other consciousnesses as per the law of nature?

.

Thus, if the resolution of Body-SENSATIONS aka the 'chemical work created in response to the reaction to specific qualia' lies in DETACHED objective observation and equanimity [no reaction aka no volitional act], the resolution of qualia_consciousness lies in SHIFTING THE AWARENESS explicitly to the 'deathless elements'' in the form of **"CHANT_WORDS like ANICCA/HARE KRISHNA"**, so that AWARENESS is always explicitly PARKED AT CHANT WORDS, so as to move the AWARENESS away from consciousnesses it seeks as an ATTENTION as per the law of nature.

.

Thus, to resolve the qualia of any type, the AWARENESS can be trained to seek 'NO consciousness', and this training shall alleviate all kinds of miseries, as NO AWARENESS means NO MISERIES, as

miseries are nothing but REFLECTED mental contents, reflected body sensations cognized as qualia_consciousness that are subsequently reflected via the BRAIN to AWARENESS.

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AWARENESS factors of RADIO/TV/ MOBILES - JUN-2-2024

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Monks;

Just as, the AWARENESS continues to seek one or other consciousness, that can be projected ON it, In the same ways, there are objects like TV/RADIO/Mobiles which continue to seek respective SIGNALS that will make them feel alive as long as they are able to detect their required signals or radio frequencies.

.

Can we therefore say RADIO/TV/MOBILES have AWARENESS?

YES,

Just as AWARENESS in HUMAN BEINGS is always hunting for one or the other consciousness's, in the same way, these Inanimate devices continue to hunt for radio frequencies that shall make them feel alive.

Because RADIO is always hunting for RADIO SIGNALS.

Because TV is always hunting for TV SIGNALS.

Because MOBILES are always hunting WIRELESS SIGNALS.

.

And, What is the RESOLUTION OF Inanimate objects that seek RADIO SIGNALS to make them alive?

Just as, the resolution of AWARENESS is to get the supply of unconditioned consciousness's, in the same way monks, the resolution of "Inanimate objects that seek RADIO SIGNALS", is to get the supply of radio signals that are clear and uninterrupted.

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Consciousness and QUALIA/ How to identify QUALIA ?- Jun-21-2024

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/* From the Google search

The electrical changes in the taste cells that prompt signals to the brain are based on the varying concentrations of charged atoms, or ions. Taste cells, like neurons, normally have a net negative charge internally and a net positive charge externally. Tastants alter this state of affairs by using various means to increase the concentration of positive ions inside taste cells, eliminating the charge difference [see box on next two pages]. Such depolarization causes the taste cells to release tiny packets of "chemical signals called neurotransmitters", which prompt neurons connected to the taste cells to relay electrical messages.

*/

Monks,

Whatever happens in the mind, has corresponding sensations in the body. Thus, MIND and MATTER are connected by SENSATION aka QUALIA, and as per BUDDHA, if SENSATIONS are resolved, the mind is resolved too. And, how do we resolve sensations monks? By objective detached observation and equanimity or no reaction, sensations are made neutral. Just as SENSATIONS overlap the field of MIND and MATTER-body, Similarly, consciousness overlaps the field of MIND aka subtle-body, and AWARENESS aka the witness-form via the BRAIN.

.

Every consciousness experience is a combination of QUALIA or in VIPASSANA we call them SENSATIONS.

QUALIA are the EXPERIENCES associated with a specific consciousness. A specific consciousness can have multiple qualia or multiple sensations.

SENSATIONS are "chemical signals aka neurotransmitters" created because of a specific consciousness experience.

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ANGER consciousness has a qualia or sensations identified as SENSATIONS of anger.

FEAR consciousness has a qualia or sensations identified as SENSATIONS of FEAR.

and so on.

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consciousness and qualia are associated with living organisms with sense objects. innate objects do not have a QUALIA. Rock although has a consciousness, nonetheless does not have AWARENESS, and no sense objects or sense bases, hence there are NO QUALIA associated with innate objects like ROCK.

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Every consciousness experience is a combination of QUALIA or in vipassana we call them SENSATIONS.

For example, when the TOE has forceful contact with HARD OBJECT, several sensations arise in the form of pain, numbness, throbbing, tingling, and chills, and all such sensations are described as QUALIA associated with TOE_HURT_consciousness. And what are sensations? they are "chemical signals aka neurotransmitters" and they identify each qualia associated with consciousness experience.

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So, if we can collect all the "chemical signals aka neurotransmitters" associated with specific Consciousness, then we have identified the QUALIA associated with a particular consciousness experience.

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Appearance in consciousness DILEMMA/PARADOX, exposing the EVIl PLAY of consciousnesses - Jun-21-2024

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Monks;

Let's consider the EXAMPLE OF 2 ACTORS [Tom Cruise-USA and Sunny_Deol-BHARAT/India]

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Now, if you were to show these 2 actors the movie being projected on the screen, where both of these actors were shown to break legs/FRACTURE in one of the scenes in the movie, and then you tell them, "OH THE BROKEN LEG is just an appearance shown on SCREEN", and then, both of these actors were to show your THEIR LEG, that is broken/FRACTURED in real, as happened during the actual shoot of the scene where they actually broke the leg while performing the act, what would be your reply monks?

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When we talk about phenomenon as merely an appearance on screen, we forget that, in this case, we are THE ACTORS watching our own performance being reflected back in real-time to the AWARENESS, and whatever happens to us in the material world is what is being projected on screen aka the awareness, and that MERE an APPEARANCE does not mean that BROKEN LEG is an ILLUSION.

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Yes, if you were to say that MIND-BODY is NOT YOU, you are actually an AWARENESS and that is why, what is being shown on screen is merely an appearance of the acquired material-forms mind-body phenomenon, then it may make some sense and provide the real answer, but to say what we see is merely an appearance, although, which is true, but we shall not forget that we are the ACTUAL ACTORS here, WITNESSING OUR OWN PERFORMANCE, and if there are broken legs appearing on AWARENESS aka the SCREEN, then these BROKEN LEGS belong to the ACTUALly acquired material-body in the real material world, where the WITNESS_FORM has descended to complete the life cycle of the body.

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The PLAY OF consciousness thrust on the SOUL or the WITNESS FORM is REAL as long as BHAV SAMSARA or MATERIAL WORLD EXIST, and only after the bond is broken from the acquired material-body after its death, witness-forms realizes that all that was happening was actually a mind-body phenomenon, merely an appearance.

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THE SUFFERINGS being felt by the witness_form are real and although they are merely an appearance or projection of a mind-body phenomenon, even if this truth is known and understood through the self-realization, nevertheless, witness-form has been condemned to feel the actual sufferings/QUALIA as is being experienced by the ACQUIRED material-form

and only the death of material-form releases the witness-form, for never-ending cycles of acquiring bodies till the Nibbana has been achieved.

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Therefore, MERELY AN APPEARANCE OF STATEMENT shall be spoken cautiously and with proper explanation.

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And for those, who sit in their A/C cabins, trying to downplay the EVIL PLAY OF consciousness, by the words, saying 'Oh, let's play the game, 'it is mere a play of consciousness', do not take it seriously", I want to ask them the following:-

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You, as a MAN, if were to be RE-BORN as the next appearance of your witness-form, where the acquired material-form or the 'BEING' is a FEMALE, who is your mother, being the poor woman that she is, if she had to prostitute herself to raise you in your next life, would you say 'oh this is just a play of consciousness, do not take it seriously'?

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And for those women, who say the same thing, I want to ask them, if they were to be re-born in the new body again in the next appearance of the witness-form, and if they were born in a country, where they are violated right from childhood as there are no rights for women in that country, would you still say 'oh this is just a play of consciousness, do not take it seriously'?

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I am only preventing myself from not giving you very gross and violent examples of what this EVIL PLAY OF consciousness is being performed on this EARTH, designed by some highest EVIL ENTITY, but my point is clear, that WE MUST INVESTIGATE consciousness only to destroy it as an END RESULT, as this EVIL GAME coming from highest ENTITY has to be stopped at all costs. The poor souls and MATERIAL_FORMS aka the bodies are being subjected to the cruelest forms of suffering so that the highest entity can watch the play of consciousness on the EARTH PLANET, which is merely a projection to its AWARENESS, as the highest entity is free from EGO or direct bond with material-form that would otherwise make it feel the same sufferings.

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More on QUALIA/Sensations- Migraine/extreme mental contents or body sensations/qualia- Jun-22-2024

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REF: [**GWT**-Global workspace theory (GWT)] [**IIT**-Integrated Information Theory of Consciousness]

Note: Please read my old posts on how to perform a Vipassana body scan or how to cleanse the Consciousnesses

Monks;

I am picking up this topic to EXPLAIN MORE about QUALIA v/s Sensations (arising out of both, body and mind).

Now, QUALIA is the first-person experience as the "**IIT**" and "**GWT**" have been made to understand. And I understand that they are confused about how this QUALIA ARISES in the first place.

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Now, BUDDHA discovered that SENSATIONS overlap both the mind [subtle body aka mental contents] and matter [gross body]. Once the SENSATIONS are resolved, both the mind and matter are resolved. Let's go still further, during my self-realization process, it was discovered that the "consciousness overlaps both the mind and the witness-formless form aka the AWARENESS", and this is brokered by the BRAIN. Whatever happens in the mind, has corresponding sensations in the body. Thus, MIND and MATTER are connected by SENSATION aka QUALIA, and as per BUDDHA, if SENSATIONS are resolved, the mind is resolved too. And, how do we resolve sensations monks? By objective detached observation and equanimity or no reaction, sensations are made neutral. Just as SENSATIONS overlap the field of MIND and MATTER-body, Similarly, consciousness overlaps the field of MIND aka subtle-body, and AWARENESS aka the witness-form via the BRAIN.

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Every consciousness experience is a combination of QUALIA or in VIPASSANA we call them SENSATIONS. QUALIA are the EXPERIENCES associated with a specific consciousness. A specific consciousness can have multiple qualia or multiple sensations. **SENSATIONS are "chemical**

signals aka neurotransmitters" created because of a specific consciousness experience.

.

For example, when the TOE has forceful contact with HARD OBJECT, several sensations arise in the form of pain, numbness, throbbing, tingling, and chills, and all such sensations are described as QUALIA associated with TOE_HURT_consciousness. And what are sensations? they are "chemical signals aka neurotransmitters" and they identify each qualia associated with consciousness experience. So, if we can collect all the "**chemical signals aka neurotransmitters**" associated with specific Consciousness, then we have identified the QUALIA associated with a particular consciousness experience.

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Now, **all the sensations at their root body location appear as VIBRATIONS,** and only at the further arising they get displayed as specific QUALIA. Thus, for example, CUT appears as CUT_consciousness to the AWARENESS, but cut_QUALIA at its root location appears as VIBRATIONS.

The Same example applies to the PAIN. PAIN appears as PAIN_consciousness to the AWARENESS and continues to emit different types of PAIN_QUALIA/sensations to the AWARENESS, but at the root location, it appears as VIBRATIONS.

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What this means is that, at the ROOT LOCATION, each QUALIA/SENSATION appears as VIBRATIONS. Now each QUALIA has a specific EXPERIENCE tied to the ARISING sensations, but every sensation at the ROOT is the SAME in appearance, i.e, in the form of VIBRATIONS which appear as NEUTRAL QUALIA or a QUALIA with one and only one experience, i,e. as VIBRATIONS which are NEUTRAL and easy to observe.

** **Just like an 'electric BULB', appears 'red light' or 'blue light' due to its glass color or filaments features, but at the root, it is only a white or yellow light, in the same way, all sensations appear as vibrations at the root and only at further arising they become specific qualia** **

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And Monks,

Just as, our real nature is existence, consciousness, and bliss aka the BRAHMN, In the same ways SENSATIONS or QUALIA [cut, pain, itch etc] have real nature in the form of VIBRATIONS, and so when we continue to perform SUBTLE OBSERVATION of sensations at the **"top of philtrum, just below the nostrils at center"**,[vibration usually start within 5-10 minutes], and as soon as we apply objective detached observation to the sensations or the qualia associated with consciousnesses, they begin to be felt as vibrations, and are thus, easy to observe and apply objective observation and equanimity factors in that state.

.

For those, who perform EXTENSIVE subtle observation of sensations [I can not perform extensive subtle observation due to my tinnitus issue] on daily basis, for those individuals, FORM/body appears to feel like FOAM [soap/surf water foam like] and SENSATIONS appear as BUBBLES arising out of the foam. Also the GROSS PAIN in that state get divided in to many sharp needle like structure with SWEET and TINGLING pain, which is again easy to observe and apply objective observation and equanimity factors.

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Now, over 3500 years back, the INSIGHT MEDITATION in the form of VIPASSANA BODY SCAN was being used to teach the monks, on how to observe the SENSATIONS aka the QUALIA at their roots.

Look, it is not easy to observe the gross pain, gross cut, and gross itch, as each QUALIA has a different experience, and so beings are always worried about what form of misery they shall bear when dealing with damages done to the body parts, but when one knows how to see them at their root location in the form of VIBRATIONS, and vibrations are a QUALIA with a NEUTRAL experience, no pain, no cut, no qualia, simply vibrations, then it becomes easy to observe them at their roots and eradicate them at the root, simply by applying objective detached observation and EQUANIMITY aka no reaction.

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But Monks, how do we see each QUALIA as vibrations at their root location?

Now there is this '**SUBTLE OBSERVATION of sensations' in the form of "INSIGHT MEDITATION in the form of VIPASSANA BODY SCAN "**, where we close our eyes, and through the mind's eye or inner vision, keep the focus on the **"top of philtrum, just below the nostrils at center"**, "and as soon as vibrations appear [usually happens within first 5 -15 minutes]", we quit the subtle observation and immediately move to vipassana body scan covering the whole body, top head to bottom feet and reverse, from front and behind, covering the entire head and face location, performing several quick body scan through inner vision or mind's eye, within seconds, making sure to walk inner vision over every incident happening across the body parts, "**NOT PAUSING even for a SECOND at any of the body part locations when scanning is in progress"**.

** **WARNING**: We must give up 2 things when performing a subtle body scan, **One**- **EXPECTATION** of any kind from this process, **Second**- **INTENTIONS**, that we perform this with the intent to cure. This SUBTLE OBSERVATION of sensations in the form of "INSIGHT MEDITATION in the form of VIPASSANA BODY SCAN " at the t**"top of philtrum, just below the nostrils at center"** must be done only by the experienced VIPASSANA SADHAk, who has understood the "**OBJECTIVE DETACHED OBSERVATION"** and "**EQUANIMITY aka no reaction or volitional acts**" by practicing for several hours over a period of few weeks or months. The WRONG observation of sensations may end up CREATING DEFILEMENT or a SANKHARA as we call it in vipassana, and trust me you may be on LONAZEP anxiety pills for a long time if you do this in the wrong ways. In the case of any defilements appearing, simply quit the process for a few weeks and switch to anuloma viloma pranayama for some time to break the cycle of defilement. **"ALWAYS END the subtle vibrations observation by 3-5 minutes of anuloma viloma breathing pranayama"**

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If a SADHAK maintains the SUBTLE OBSERVATION of sensations in the form of "INSIGHT MEDITATION in the form of VIPASSANA BODY SCAN " at the **"top of philtrum, just below the nostrils at center"**on a daily basis by performing a body scan for 10-15 minutes after the vibrations appear, and as soon as the QULIA or SENSATION ARISES, he simply activates his objective observation at the affected location, and as soon as the objective observation is applied, the QUALIA or the SENSATION now appears as VIBRATIONS, and in that mode, he continues to observe these qualia_vibrations objectively and with equanimity and they are resolved to neutral in no time.

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This process can be applied to the MIGRAINE, and as soon as the pain appears, one activates the objective observation, and since the SADHAK has been practicing subtle observation on a daily basis for 10-15 minutes, as soon as the migraine starts and sadhak applies objective detached observation to the migraine affected location, he sees migraine_pain_QUALIA being converted to VIBRATIONS and one then continues to observe these vibrations for few minutes to eradicate them from the root.

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The other way is to teach the SADHAK/Monk on intensive CHANTING techniques, where merely by switching the attention or the focus to the chant words the SADHAK is able to switch the AWARENESS to the chant word upon seeing the arising of PAIN or other QUALIA, and since the explicit attention is made to park at chanting words, AWARENESS is not able to focus on PAIN_QUALIA, and thus one is able to alleviate the misery.

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Let's VALIDATE the consciousness (Material Or Living) - Jun-24-2024

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5 elements of the Self (Form, Feeling, Perception, and Volitional act [physical, verbal, or mental]) are cognized as consciousness and subsequently reflected back to the awareness

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We shall validate all objects, material, or living concerning the Order of elements of the Self. If they COGNIZE into the consciousness then they have AWARENESS, if they do not cognize then they are material or innate consciousnesses.

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EXAMPLE 1- "ROCK"

Form= ROCK (made of earth elements, material-object), feeling (No sense objects), Perception (can ROCK perceive?- NONE), Volitional acts (Can rock perform mental, verbal or physical acts?- NO) and since there are NO VOLITONAL ACTS, there is NO subsequent cognition into the consciousness, and NO_consciousness means NO existence of AWAENESS. Thus, ROCK has no-mind and no-mind means no awareness features, and

hence ROCK is just a MATERIAL-consciousness with various minerals that constitute it as its material-consciousness features.

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E**XAMPLE 2- PLANT leaves that respond to touch and other stimulation by rapidly closing its leaves and drooping example [PLANT_Mimosa_pudica]**

Form= (PLANT_Mimosa_pudica, plant-object), feeling (TOUCH- sensitive to touch), Perception (can PLANT_Mimosa_pudica perceive?- partial or singular perception/Yes, that TOUCH was performed), Volitional acts (Can PLANT_Mimosa_pudica perform mental, verbal or physical acts?- YES, 'closing its leaves and drooping') and since there IS A VOLITONAL ACT, there is subsequent cognition into the consciousness. Cognized consciousness means the existence of PARTIAL AWAENESS features. Thus, PLANT_Mimosa_pudica has a partial or singular mind and mind means the existence of awareness features, and hence PLANT_Mimosa_pudica can be defined as LIVING_consciousness with various FEATURES that constitute it as its LIVING-consciousness features.

.

EXAMPLE 3- ANIMALS

Form= (ANIMAL, living-object), feeling (5-sense media), Perception (can ANIMAL perceive?- Yes), Volitional acts (Can ANIMALS perform mental, verbal or physical acts?- YES) and since there IS A VOLITONAL ACT, there is subsequent cognition into the consciousness. Cognized consciousness means the existence of AWAENESS features. Thus, ANIMALS have a mind and mind means the existence of awareness features, and hence ANIMALS can be defined as LIVING_consciousness with various FEATURES that constitute it as its LIVING-consciousness features.

.

EXAMPLE 4- APPLE TREE (or tree with no volitional acts)

Form= APPLE TREE (made of earth elements, TREE-object), feeling (No sense objects), Perception (can APPLE TREE perceive?- NONE), Volitional acts (Can APPLE TREE perform mental, verbal or physical acts?- NO) and since there are NO VOLITONAL ACTS, there is NO subsequent cognition into the consciousness, and NO_consciousness means NO existence of AWAENESS. Thus, the APPLE TREE has no-mind and no-mind means no awareness features, and the APPLE TREE is just a TREE-consciousness with

various branches and leaves and the ROOTS, that constitute it as its TREE-consciousness features.

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and this is the way monks, we can validate the consciousness features of an object (Living/material/tree/animal, etc) when they are validated across 5 elements of the Self in their order.

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ANATOMY OF SUBTLE VIBRATION OBSERVATION [Resolution of MIGRAINE]- Jun-27-2024

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Monks,

** One shall **NOT** perform **SUBTLE VIBRATION OBSERVATION with any** EXPECTATION OF CURE, INTENT to get vibrations, or one shall give up ANALYSIS, INTENT [to start vibrations], EXPECTATION OF ANY KIND [that vibrations will cure me] to avoid formation of DEFILEMENTS.

** One shall be trained on CHANTING METHODS to break the awareness cycle in case of DEFILEMENT FORMED

** One shall STOP SUBTLE VIBRATION OBSERVATION and ANAPANA immediately for some time as soon as defilement is found to arise and switch to anulom vilom breath pranayam and chanting techniques.

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During the 10 days of the VIPPASANA COURSE, The body scan along with SUBTLE VIBRATION OBSERVATION is taught to the SADHAK after extensive ANAPANA breath observation meditation for 3 days (7 hours of daily ANAPANA), as by the third day, SADHAK are ready with the MIND that is under control due to extensive ANAPANA meditation done in last 3 days. What is NOT EMPHASISED (they do warn you to maintain objective observation, but that warning is a loose warning, not enough to make SADHAK stick to it for good as they are not yet aware of DEFILEMENTS related technical details) to them is "NOT TO create defilement by APPLYING objective observation" and that any expectation of VIBRATIONS will end up creating artificial manifested vibrations which are a type of DEFILEMENT and that may aggravate tinnitus or other issues if the SADHAK already has them when joining the course].

THE SADHAK must be informed that AS SOON AS VIBRATIONS START at the upper lip, one shall immediately move to the VIPASSANA body scan without wasting time. Many SADHAK like myself made the mistake of continuing the SUBTLE VIBRATION OBSERVATION even after vibrations had already started at the upper lips, which caused TINNITUS buildup as was in my case later [I developed tinnitus 6 months after the course]. Also, it is very important to INFORM THE SADHAK to stop/END all types of SUBTLE VIBRATION OBSERVATION meditation that is immediately followed by ANAPANA breath observation at nose doors for at least 5 minutes or perform ANULOM VILOMA PRANAYAMA for 3-5 minutes so as to bring breath pattern back to the nostrils. All mediations of breath or SUBTLE VIBRATION OBSERVATION must be ended by bringing the breath pattern back to the nostrils and hence breath observation at nose doors or anulom viloma must be performed for at least 3-5 minutes when ending the vipassna body scan or meditation of any type.

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SUBTLE VIBRATION starts to appear when one applies objective observation to the top lining of the top lip [or at the upper lip just below nostrils at the top of the philtrum as they teach in VIPASSANA COURSE].

Here a MONK sits in a relaxed position and closes his eyes and maintains his firm focus through the inner vision or mind's eye at the oval shaped nostrils borders and HOLISTIALLY observes TOUcH OF AIR at nostril borders firmly maintaining the inner vision position tightly seated at nostril borders, and as soon as the vibrations start to appear, one then starts to perform VIPASSANA BODY SCAN, moving inner vision from the top of head to bottom feet and reverse, covering every inch of the body part, moving swiftly within seconds, not stopping at any body part even for seconds pause, one continues to apply objective observation moving swiftly across the body several times, moving within seconds covering every part of the body from top head to bottom feet and reverse, covering the entire head front and back side, face, and neck area.

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When the SUBTLE VIBRATION OBSERVATION are activated and one performs VIPASSANA BODY SCAN, all those body parts where the objective observation was applied, when sensations aka the qualia arise, they are IMMEDIATELY DISSOLVED INTO VIBRATIONS and from there to waves or nothing, as soon as objective observation is applied to them upon their arising. For those who perform INTENSIVE SUBTLE VIBRATION OBSERVATION, for them the body starts to feel like a FOAM from where SENSATIONS arise in the form of bubbles (vibrations that feel like bubbles arising from soapy foam)

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By the time I understood the spiritual science behind "VIPASSANA BODY SCAN with SUBTLE VIBRATION OBSERVATION", I had developed TINNITUS and was not able to carry on the further research. Also, I had developed a MENTAL DEFILEMENT with respect to the VIBRATIONS as they got manifested due to the observation that was NOT OBJECTIVE IN NATURE when performing subtle observation techniques. What happens is that when you do not apply objective observation and start to EXPLICITLY EXPECT VIBRATIONS at the upper lip, the MIND goes ahead and creates them for you in the form of defilement or a SANKHARA as we call it in VIPASSANA.

That is why, when performing "SUBTLE VIBRATION OBSERVATION" one shall give up ANALYSIS, INTENT [to start vibrations], EXPECTATION OF ANY KIND [that vibrations will cure me] or else there is a DANGER of manifesting mental defilements with respect to "SUBTLE VIBRATION OBSERVATION".

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Now, Recently after I gave up ANAPANA breath meditation and SUBTLE VIBRATION OBSERVATION both for a long time, I was able to RID myself of this mental defilement, however since I still have dormant TINNITUS, I now perform SUBTLE VIBRATION OBSERVATION as soon as a MILD form of vibrations start at the upper lip and that is enough to DISSOLVE the sensations that arise on body parts.

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Now what will happen is that those who maintain the SUBTLE VIBRATION OBSERVATION on a daily basis by performing 15-30 minutes of VIPASSANA body scan after the vibrations appear at upper lip linings, DURING ONE OF THE SLEEP, they shall wake up to find "WHOLE BODY undergoing feeling of flow of VIBRATIONS across the body", and once a SADHAK wakes up to find the body in this stage, he shall perform OBJECTIVE OBSERVATION of each body part for 20-30 seconds, observe HEAD along with FACE for 20-30 seconds maintaining HOLISTIC objective observation, observe whole torso, front and behind for 20-30 seconds maintaining HOLISTIC objective observation, observe both legs holistically for 20-30 seconds maintaining HOLISTIC objective observation, moving top to bottom and reverse few times and then STOP.

The FLOW OF VIBRATIONS is felt mostly during sleep or when the body is relaxed and rightly so, because this type of vibration flow shall be observed when the mind is TRANQUIL and the law of nature brings this flow of

vibration across the body only during stages where 5-sense media are subdued, and then all one has to observe these OBJECTIVELY, DETACHED with EQUANIMITy for few minutes before letting go of them as the vibrations continue to flow for long time, but we shall end it after 3-5 minutes of such holistic objective observation.

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During this time all the DEFILEMENTS [conditioned consciousnesses] are CLEANSED of their affliction for thousands of the conditioned consciousnesses as they flow in the form of vibrations and are dissolved rapidly through objective observation of them during that state, and also maintaining daily SUBTLE VIBRATION OBSERVATION shall help dissolve the BODY SENSATIONS as soon as they arise, and as soon as objective observation is applied to them, they are dissolved into nothing.

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Thus, for MIGRAINE, as soon as it starts, one applies objective observation, and immediately one sees all the PAIN converted into vibrations and then into nothing, as one continues to maintains objective observation and equanimity.

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PS:

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Now, BUDDHA discovered that SENSATIONS overlap both the mind [subtle body aka mental contents] and matter [gross body]. Once the SENSATIONS are resolved, both the mind and matter are resolved. Let's go still further, during my self-realization process, it was discovered that the "consciousness overlaps both the mind and the witness-formless form aka the AWARENESS", and this is brokered by the BRAIN. Whatever happens in the mind, has corresponding sensations in the body. Thus, MIND and MATTER are connected by SENSATION aka QUALIA, and as per BUDDHA, if SENSATIONS are resolved, the mind is resolved too. And, how do we resolve sensations monks? By objective detached observation and equanimity or no reaction, sensations are made neutral. Just as SENSATIONS overlap the field of MIND and MATTER-body, Similarly, consciousness overlaps the field of MIND aka subtle-body, and AWARENESS aka the witness-form via the BRAIN.

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Every consciousness experience is a combination of QUALIA or in VIPASSANA we call them SENSATIONS. QUALIA are the EXPERIENCES associated with a specific consciousness. A specific consciousness can have multiple qualia or multiple sensations. SENSATIONS are "chemical signals aka neurotransmitters" created because of a specific consciousness experience.

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Consciousnesses v/s materialism v/s MENTAL STATES - July-3-2024 ++++++++ #SunilDudia #Consciousness #SpiritualScienceDecoded

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The world is nothing but a MENTAL STATES is a TRUE STATEMENT, when it comes to AWARENESS aka the WITNESS_FORM aka the SOUL, but, the MATERIAL_FORM or material bodies existing in the material world further EXPAND the MENTAL STATES through the sense bases coming out of the material form aka the body.
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Monks,

Consciousness works both ways, it can create MATTER, and also, it can create or EXPAND MENTAL STATES through the sense base of the material form aka the matter. Thus, although the MATTER was initially created by the supplied consciousnesses, nevertheless, the MENTAL STATES for that specific matter are EXPANDED through sense bases and sense impressions coming from the matter aka the body.

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If one talks from the point of view of WITNESS_FORM aka the SOUL that has acquired several material_forms aka the bodies across its several appearances over thousands or million years, then YES, all the consciousnesses data is nothing but MENTAL STATE accumulated over several appearances of the SOUL aka the WITNESS_FORM, but again the several of MENTAL STATES accumulated have roots in acquired material-forms or the bodies or the sense bases over the thousands or millions of the appearances of witness-form aka the soul.

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So, if we UNDERLINE that witness-form is nothing but a MENTAL STATE, then YES, that is a correct statement as witness-form is merely a formless soul with (AWARENESS (Dashboard], accumulated WISDOM(GUNA's), accumulated_consciousnesses or mental states (past lives}, and EGO_consciousnesses aka the consciousnesses that belong to present avatar or acquired body)

.

That is why, although the MENTAL STATES is a true STATEMENT for witness-form, the existence of MATERIAL_FORM or the material world can not be denied as although the initial data came from consciousnesses, the EXPANSION of MENTAL STATE has roots in acquired MATERIAL_FORM or the sense bases.

.

Thus, if we take the example of chicken and egg, which came first? we shall say, that initial consciousnesses for chicken were provided by the universe, and then the "EGG" although created subsequent chickens, the MENTAL STATES for the chicken are expanding through the sense bases of the body or the chicken body.

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CONCLUSION:

The world is nothing but a MENTAL STATES is a TRUE STATEMENT, when it comes to AWARENESS aka the WITNESS_FORM aka the SOUL, but, the MATERIAL_FORM or material bodies existing in the material world further EXPAND the MENTAL STATES through the sense bases coming out of the material form aka the body.

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My own LION's ROAR - July-4-2024

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https://sunildudia.quora.com/ {Click on All my Blogs]

https://wordpress.com/posts/sunild1204.wordpress.com

https://www.linkedin.com/in/sunildudia/

https://www.facebook.com/sunildudia

*/

Monks,

I have been on 'Self-Realization' journey right after my FIRST VIPASSANA Course (26 July 2017), and during the first course itself, I understood the importance of this course the way no one would till now.

After downloading various Buddha books from free websites [PARIYATTI] and understanding them and applying them to resolve my own issues, I understood that this method can be informed to everyone in a step-by-step way so that even those with no logical or minimal logical attitudes can benefit from it.

.

Till now, BUDDHA's teachings were explained to all and left to the SADHAK'S to apply them in daily life, thus, based on various intellect levels SADHAK may or may not get benefit from the techniques and then there is an issue of DEFILEMENTS from which SADHAK can have 'no exit' if they are not aware of how to apply dhamma teaching to eradicate these. DEFILEMENTS are COMMON occurrences for SADHAKS when they start to apply teachings of DHAMMA in their practical life, but if they are not informed on how to overcome these, then some of the SADHAK themselves may develop mental issues concerning the wrong practical use of dhamma teachings. In a few cases I have myself been through the extreme forms of DEFILEMENTS when applying the DHAMMA techniques, so that when I write these after full understanding and Self Experience, NO ONE shall go through the same defilements for that specific teaching.

.

I vowed to write my own version of DHAMMA learnings right then in the year 2018 and after 5 years of 24/7 Self Realization process, where I continue to observe the mind-body-phenomenon on a daily basis, I have been able to come out with easy to understanding and DIRECT method to NIBBANA, as the writings depict the PROGRESS of my understanding based on posts that I write as soon as the KNOWLEDGE is understood purely based on my own practical experience and in few other cases, based on INFERENCE that is based on my logical understanding of the same.

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BASED ON MY WRITTEN LEARNINGS I continue to SHARE freely on the INTERNET through my 'QUORA', 'WordPress' and 'PDF File links' and LINKEDIN platform, so that everyone is benefitted out of these:

My PDF and WordPress versions that I have shared across the INTERNET postings have been picked not only by various scientists who are trying to DECODE the consciousness but also by the MONKS, psychedelics, spiritual science BOOK WRITERS, spiritual science PODCAST channels across various platforms (YouTube) and so on.

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Never before any one has explained the consciousnesses in a way that I have presented it in my writings, and I have practically brought the consciousnesses as a MATHEMATICAL FORMULA, that can be used to apply various consciousnesses when trying to decode their behaviour etc. Yes, the FORMULA was already available and taught by the GREATEST teacher of spiritual science that BUDDHA was, but no one knew on how to apply these formula's in day to day understanding of various consciousnesses that one faces in daily lives.

.

I am glad in a WAY that, I HAVE practically brought the EARTHQUAKE across the world of teachings of DHAMMA, in the way DHAMMA shall be taught henceforth by the various monks, and that my learnings have reached the entire world and world has started to use them in a way the dhamma teaching should have been, right after BUDDHA taught them. **Yes**, because of my SOFTWARE CAREER which is purely based on analytical approaches, I HAVE BEEN ABLE TO CONVERT the philosophical teachings of DHAMMA in an ANALYTICAL WAYS and this have brought the SEA CHANGE in the entire philosophical arena, and monks and scientists and other users will now use these approaches as taught through my teachings,

.

The knowledge that I was gaining through Self-Realization process was so important that I wanted it to spread immediately across the world, and so my first thought was to take it to the MONKS as they are the right people to spread this information through their various teachings, but later I found that my teachings were also picked up by the various SCIENTISTS (IIT and others) across the world as they are trying to DECODE the consciousness.

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On a little SAD NOTE, no one mentions my name when taking up my teachings and using them, whether to write books on consciousness, or when teaching DHAMMA teachings to the other monks in a way I have established them, or when they use my learnings of consciousnesses for scientific research, nevertheless I am very happy with the outcome, as these are the eminent people because of whom, the learnings are spreading like fire across the world, and that was the primary goal when I put my PDF and WordPress versions of teaching across various internet platforms including LINKEDIN platform.

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I thank all those who have shared my PDF and other links on SPIRITUAL SCIENCE and on how to use consciousness for various understanding related to spiritual science, medical science, and DHAMMA VIPASSANA teachings and made it possible to spread across the world in a SPEED that I never expected. Although I do not get even a reference for the ways this UNFAIR world works, but, nevertheless the purpose of spreading the DHAMMA teaching in an ANALYTICAL WAY has been served well and my ANALYTICAL DHAMMA teachings are benefitting people across the world brings immense joy to me.

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Observing Breath/Subtle Vibrations at both oval-shaped NOSE TIPS/borders of both nostrils - July-8-2024 [HOW TO DISSOLVE body sensations (pain, Itch, etc, ?]

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SADHAKS must FIRST learn ANAPANA breath observation from TEACHERS at VIPASSANA CENTERS. The subtle observation Is TAUGHT in 10 days VIPASSANA COURSE from the third day onward. I am only trying to provide the logic behind the subtle observation method, that, subtle observation method helps DISSOLVE the sensations and they disintegrate into vibrations and to nothing when the SADHAK keeps his body activated in subtle observation mode by practicing daily "body scan" after vibrations start to appear at nose tips or at the upper lip. THIS METHOD MUST NOT BE TRIED by regular people unless they have learned this from TEACHERS by attending a 10-day VIPASSANA course.

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Important NOTE: WHEN FOLLOWING the SUBTLE OBSERVATION process;

DO NOT form any expectations, STOP all the INTENTIONS, follow the whole process with BLANK MIND that does not analyze or think or form an opinion about the whole process, but simply observes breath at the nostrils border without expecting or intending anything out of this process.

THIS IS DONE to prevent forming of DEFILEMENTS with respect to observing air at nostril borders and that, you must NOT expect that vibrations shall appear at nose tips. They will appear on their own, but if you start to expect them as part of the process, then you may end up creating artificial vibrations aka the DEFILEMENT. STOP the process in case of defilement appearing and switch to ANULOM VILOM pranayama for few days.

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Do not expect vibrations at nostril borders or at the upper lips, or rejoice on arrival of vibrations, maintain objective detached observation all the time.

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When you feel unstable, or need an anchor for a short time to latch onto something, switch immediately to CHANT WORD (chant HARE KRISHNA few times), Or through the inner vision or mind's eye, simply start to scan the body from the neck below, up to feet, and reverse, few times moving swiftly without taking a pause even for a second, not stopping even for a seconds pause at any of the body part locations. When moving within the inflicted body part, make sure to not take a pause anywhere, simply keep moving your inner vision within inflicted body part.

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In short, you are supposed to observe 'Portion of Inhale and exhale breath air that falls or touches NOSTRIL oval shaped BORDERS.

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SUBTLE BREATH OBSERVATION PREPARATION NOTE:

Sit relaxed with closed eyes, keep your eyes closed when performing subtle vibrations observations.

Take your time to focus on AWARENESS or DARK BLANKNESS for a while for a minute or two.

Now, bring your inner vision focus exactly on the oval-shaped borders of the nostrils at the entry of breath from the outside

With CLOSED EYES focused holistically on both the oval nostril borders, holistically LOCK both the oval shaped nostril borders with your inner vision or mind's eye. If the mind's eye or inner vision is firmly established on nostril borders (you are clearly able to see both oval border lining visualized as one single oval border of both nostrils), Here a MONK, sits in a relaxed position and closes his eyes and maintains his firm focus through the inner vision or mind's eye at the oval shaped nostrils borders and HOLISTIALLY observes TOUcH OF AIR at nostril borders firmly maintaining the inner vision position tightly seated at nostril borders.

start to observe the breath as follows:

===

SUBTLE BREATHE OBSERVATION STEPS NOTES:

START

SUBTLE BREATHE OBSERVATION, Important NOTE: With CLOSED EYES focused holistically on both the oval nostril borders, holistically LOCK both the oval shaped nostril borders with your inner vision or mind's eye, Here a MONK sits in a relaxed position and closes his eyes and maintains his firm focus through the inner vision or mind's eye at the oval shaped nostrils borders and HOLISTIALLY observes TOUcH OF AIR at nostril borders firmly maintaining the inner vision position tightly seated at nostril borders. During the START for a few minutes, you may CHANT/SAY "RADHE" as soon as inhaled air touches nostril borders, and CHANT/SAY 'RADHE' as soon as exhaled air returns exactly from the nostril borders. After a while chanting may be stopped, if you have got the hold of inhaling and exhaling air coming up to and returning from the nostril borders. Your inner vision or mind's eye must see/observe actual TOUcH of AIR holistically at nostril borders during both the INHALE and optionally during the EXHALE.

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Using the SAW and WOOD example, where the touch/friction of SAW at Wood is observed wherever the saw meets or makes contact with the wood,

HOLISTICALLY, OBSERVE the TOUch of INHALE AIR as the inhaled air touches or makes contact everywhere at the both oval nostril borders when

the breath COMES IN, maintaining inner vision focus firmly at nostril borders

Similarly; OPTIONALLY, HOLISTICALLY, OBSERVE the EXHALED AIR as the EXHALED air touches or makes contact exactly at both oval nostril borders when the breath GOES OUT, maintaining inner vision focus firmly at nostril borders

Make sure you observe the BREATHE AIR exactly at the nostril borders when it comes in and goes out, DO NOT MOVE your inner vision away from nostril borders ever during this process

THE example of SAW and Wood is used here, as the inhaled air and exhaled air, are both observed exactly at nostril borders, HOLISTICALLY. **In short, you are supposed to observe 'Portion of Inhale and exhale breath air that falls or touches NOSTRIL oval shaped BORDERS.**

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When the breath is observed this way at the nostril borders, one sees VIBRATIONS getting activated at nostril borders, and as soon as vibrations are felt at nostril borders, you may start the VIPASSANA BODY SCAN for the next 5-10 minutes, moving swiftly within seconds, moving inner vision or mind's eye from top head to bottom feet and reverse, several times, making sure to "NOT PAUSE EVEN FOR A SECOND at any of the body parts", but at the same time walk the inner vision over every body part swiftly within seconds. REPEAT this process at least 2-3 times, from the START, every 3-5 minutes before ending the subtle observation.

REPEAT above steps few times every 5-10 minutes and STOP.

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RESULT: { this ACTIVATION OF SUBTLE OBSERVATION is done to ensure that the body sensations are getting dissolved immediately as soon as the objective observation is applied to them}

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Repeat the SUBTLE OBSERVATION STEPS a few times (3-4 times) daily, this will ensure that subtle vibration mode is active on the body which is necessary to DISSOLVE the BODY SENSATIONS as soon as they arise and as soon as one applies OBJECTIVE OBSERVATION to them, they are immediately converted into vibrations and they dissolve or subdue or mellow down. When applying objective observation, LOCK the SENSATIONS at the inflicted body portion through the mind's eye or inner vision for 10-

20 seconds and apply objective observation to dissolve the body sensations like PAIN, ITCH, etc.

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QUALIA, consciousnesses, Sense_Inputs are collected/experienced in INFINITE TIME and INFINITE SPACE - July-8-2024
// Does the EGO_consciousnesses carry the LOCATION STAMP of the BODY?
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THE FOLLOWING ASSUMPTION is being made based on the understanding of consciousnesses and the AWARENESS model, collected till now;

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EGO_consciousnesses aka MIND (ENTROPY), EXISTENCE MODEL aka the SOUL that directs/Drives the mind-body phenomenon, and the Gross Body (5 elements of EARTH).

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Monks,

Although the AWARENESS (SCREEN) is the DASHBOARD where the EGO_consciousnesses aka the MIND is Illuminated or DISPLAYED, nevertheless, the complete bundle of "**EXISTENCE MODEL**" is what DIRECTS/DRIVES the MIND-BODY-PHENOMENON.

The EXISTENCE MODEL is defined as, Inner Vision aka AWARENESS aka the DASHBOARD, accumulated WISDOM (GUNA's), accumulated_Witness_consciousnesses and EGO_consciousnesses that exist in the INFINITE TIME and INFINITE SPACE and the entire **consciousnesses data is** updated through the BRAIN of the material-form aka the body as the BROKER.

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What this means is that EGO_consciousnesses is YOUR ENTROPY through which the SOUL aka "EXISTENCE MODEL" Drives or directs the BODY where the BRAIN of the material-form acts as the BROKER (consciousnesses DATA UPDATE) between existence model and the mind-body phenomenon.

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Monks;
As per the law of the 12 dependent links, EVERY CONTACT of sense-bases with FORM (physical or tactile/logical object) is first converted into consciousnesses to start with, and at the beginning this consciousnesses is unconditioned. Thus, every sense experience is nothing but the live relay of the experience, that is being collected through the SENSE BASES of a material-form-body. Consciousnesses are created for every PHENOMENON one experiences in day-to-day life. Thus, a PHENOMENON may have a consciousness with multiple leaves that are nothing but the record of (Form, Feelings, perceptions, volitional acts)
.
Now, **5-elements of the Self** (Form, Feelings, perceptions, volitional acts, and consciousnesses) is the order of elements of the Self in which consciousnesses is COGNIZED after the consciousnesses make CONTACT with the BRAIN. A single LEAF is created for each Element of Self-executed as per the 12 dependent links, and several such leaves are created based on the pattern of experience that consciousnesses are generating. FIRST LEAF thus generated is ALWAYS UNCONDITIONED consciousnesses, that simply mentions CONTACT with the FORM for a specific PHENOMENON. ONE LEAF (Form, Feelings, perceptions, volitional acts) = one **LEAF**

.
Monks, **EXISTENCE MODEL-** EXISTENCE is defined as, Inner Vision aka AWARENESS aka DASHBOARD, accumulated WISDOM (GUNA's), accumulated_Witness_consciousnesses and EGO_consciousnesses are the 4 elements of our EXISTENCE that exist in the INFINITE TIME and INFINITE SPACE.

.
EGO_consciousnesses = non_self form of (Material-Form-consciousnesses aka body_consciousnesses) + non-self_consciousnesses of mental states collected through SENSE bases during the life cycle of EGO material-form.
.
The physical body is TIME and SPACE-bound.
.
Now it seems that our physical body is a PROJECTION OF EGO_consciousnesses and just as the EARTH positions are communicated as latitude and longitude, in the same way EACH manifested EGO_consciousness leaf carries EXACT POSITION of body part where the EGO_consciousness may manifest as the CHEMICAL WORK in the form of material-form-body, nerve_Fibres, consciousnesses and SENSATIONS tightly circuited by neuronal cells.

And, this can be established with the following context as mentioned below:->

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In one of the examples where material-form aka body makes CONTACT with a FORM through sense bases (EYE), neurons are fired to find the EXISTENCE of consciousnesses concerning the FORM that has made contact with the EYE.
Now, if the CONTACT_consciousnesses is found, then this CONTACT_consciousness is made to ARISE and make contact with the BRAIN so that further volitional acts can be completed based on its previous manifestation sequence.

.

Now, looking at the SPEED at which this SEARCH is performed in our daily life, there is a possibility that this SEARCH process is being performed IN the INFINITE TIME and INFINITE SPACE, by looking at the EGO_consciousnesses DATA that is available at AWARENESS level and only after the REACTION to this EGO_consciousness that was the result of the CONTACT with the FORM, the further chemical work is created at the body part location, and in the case where BODY part was HURT or DAMAGED, specific body part locations are applied the chemical work concerning the reaction to the specific EGO_EGO_consciousness, and in the case where this EGO_consciousnesses is **NEW**, '**a new NERVE FIBRE'** may be used to apply the chemical work that was result of reaction against this specific EGO_consciousnesses created on account of CONTACT with the FORM

.

We already know that whatever happens in the mind (subtle body or EGO_consciousnesses), carries corresponding SENSATIONS/QUALIA or chemical work at the affected body part locations. And we also know that WHEN WE APPLY OBJECTIVE OBSERVATIOn to the phenomenon or new experiences, the subsequent chemical works created DO NOT CAUSE MISERY, aka they are created with NEUTRAL QUALIA or sensations that do not cause misery.

.

This is because when we apply objective observation to the EGO_consciousnesses that has manifested due to new EXPERIENCE in the present moment, the subsequent chemical work applied to the body does not cause misery, since the CHEMICAL WORK is being created only after OUR REACTIOn to the specific EGO_consciousnesses that has manifested in the present moment.

.

Thus, it can be said that MATERIAL_FORM aka the BODY is a direct PROJECTION OF the MENTAL STATES aka the EG-consciousnesses, since every EGO_consciousnesses is FIRST manifested at the INFINITE TIME and

INFINITE SPACE level of AWARENESS based EXISTENCE model, and from there subsequent chemical work is applied to the material-form-body to ESTABLISH that 'Self aka physical form' and 'Non-Self aka subtle body', both are two sides of the same coin, in the sense that 'Self aka physical form' is a physical manifestation of the Non-Self Ego-consciousnesses aka mental_states of EGO_consciousnesses collected from the birth till the date life cycle of the material-form.

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CONCLUSION:

That, Looking at the speed at which we perform thoughts, fabricate EGO_consciousnesses, experience the QUALIA, it seems very likely that the formation or fabrication of the PHENOMENON and subsequent EGO_consciousnesses first takes place in the INFINITE TIME and INFINITE SPACE REALM of our EXISTENCE MODEL and that each such EGO_consciousnesses carries Material-Form LOCATION TIME STAMP where this EGO_consciousnesses is applied to the BODY, and that our bodies are DIRECT projection of MENTAL STATES aka the EGO_consciousnesses accumulated so far in the life cycle of the material-form.

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META-COGNITION of consciousnesses // **Why can we NOT observe PAST LIFE consciousnesses /DREAM v/s Material Form Life? Jul-14-2024**

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Monks;
.
"The world is an illusion", is TRUE only at the level of WITNESS_FORM/SOUL/Existense_Model, but speaking LOOSELY about this at every discourse shall be avoided as there are PEOPLE who may be misguided into thinking, 'IF THIS WORLD is unreal then why not end it or why worry about it in ethical terms?, etc etc', some people have committed suicides believing this world to be UNREAL and so why waste time living it. And then there are radical JIHADIS who may also be misguided into blowing themselves up based on the theory of the Un_REal world.
.
We have to think in terms of common people who are not very spiritually understanding or intellectual to understand the REAL meaning of why the world is UnReal and thus there is a greater danger/possibility of this

CONTEXT of UNREAL WORLD being misused or misunderstood, and therefore we SHALL AVOID REGULAR REPEAT of this sentence in every discourse.
.
I would consider the WORLD to be UN_REAL if there was NO EXPERIENCE OF QUALIA when living in the AVATAR experienced world. If the AVATAR that the witness-form aka the SOUL has acquired, is BOILED in water to death, would you as the acquiring entity aka the SOUL not made to feel the PAIN of cruel death? I agree after the death of the body, the SOUL is released and is made to feel that what it experienced was simply an AVATAR EXPERIENCE, nevertheless, the EXPERIENCE of acquired AVATAR life cycle was full of misery and every pain and agony that AVATAR went through was made to be felt by the WITNESS_FORM aka the SOUL, hence even though the experience may a MYTH, nevertheless the GAME of acquiring bodies is dangerous one and very agonizing for the SOUL, and therefore the SOUL must find a way to exit this evil GAME through enlightenment and Self Realization process.
.
I therefore request you all the monks, not to use this "**JAGAT MITHYA**" so loosely in every discourse. "**BRAHM SATYA**" can be used in every discourse though, or else, monks shall clearly explain that the context of **JAGAT MITHYA** only applies to the SOUL and NOT TO THE MATERIAL FORM aka this BODY.

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Monks, I see that the DREAM EXAMPLE is being COMPARED to our MATERIAL LIFE example and that both are an illusion, here I would like to stress that DREAM is a result of the brain's THOUGHT PROCESS during the DEEP SLEEP STATE [dream is nothing but brain's thought process in sleep state], and what see in dream are just animated images, and, even if we get HURT inside DREAM sequence, the VOLITIONAL ACTS are performed by the MATERIAL_FORM and not the DREAM AVATAR as in dream sequence.

Thus, we can say that, during the deep sleep state, 5-sense are subdued, BRAIN forms a dream sequence through the thought process in the infinite time and infinite space REALM of WITNESS_FORM, and, it is our WITNESS_FORM that experiences the DREAM in the infinite time and infinite space REALM, and the VOLITIONAL ACTS in reaction to the dream sequence are always performed by the material-form or our body. As soon as the DREAM ENDS, we are back to the REALM of material-body (SPACE and TIME Constraints are re-established).

And Monks, if the MATERIAL_LIFE was an ILLUSION, there was NO NEED for the WITNESS_FORM aka the SOUL to ACQUIRE THE BODY and live the experience till the death of the material-form aka the body. The witness form would have been allowed to end the GAME at will and not WAIT till the death of the material form. The witness form is being made to SWEAT OUT and perform duties till the death of the acquired material body and that is truly a LABORED EXISTENCE for the witness form and CAN NOT BE AN ILLUSION as is being reported.

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AND MONKS, -

DOES THE consciousnesses have a TIME and SPACE CONSTRAINT?

The ANSWER is NO-

The consciousnesses works in TIME and SPACE CONSTRAINT when SENSE BASES are NOT SUBDUED or are fully ACTIVE. We have EGO_consciousnesses (consciousnesses accumulated in present birth cycle of the body) and WITNESS_FORM_consciousnesses (PAST LIFE accumulated consciousnesses) and they are STORED at INFINITE time and INFINITE space REALM of our existence model.

The consciousnesses is a AUTONOMOUS UNIT, that self-executes based on SENSE based REALM or INFINITE time and space REALM. Thus, the META-COGNITION of consciousnesses is **NOT** time and space CONSTRAINED.

For example, although the DREAM sequence is performed in an INFINITE time and space REALM, the AWARENESS of SPEED of volitional ACT depends on whether the 5-sense bases are subdued (hence INFINITE time and space REALM) or 5-sense bases are ACTIVE (time and space REALM).

Consider the EXAMPLE, where in response to a DREAM SEQUENCE during the deep sleep, we SHOUT and the voice experienced seems like in a SLOW MOTION, as although the DREAM SEQUENCE is in infinite REALM, the VOLITIONAL act of SHOUTING is sense-based, but this SHOUT volitional ACT is being made to EXPERIENCE in an infinite REALM as the INFINITE realm of dream is active and that infinite-realm over-rides the time and space REALM of sense-bases. The same SHOUT would have been in sync with the time and space realm if we were AWAKE.

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Monks;

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Did we know the mechanism to reach BRAHMN, aka "EXISTENCE, consciousness, and BLISS"?

During the Self Realization journey, we discovered the PATH to reach **BRAHMN** aka the EXISTENCE, consciousness, and BLISS, by the process of TRANSCENDING mind-body-phenomenon and cleansing all the conditioned consciousnesses, by giving up material nature in all forms.

.

And monks, **DID we know that AWARENESS aka the existence model is what drives the Material-form-mind-body phenomenon?**

Yes, By NOT IDENTIFYING our existence with mind-body (I am NOT mind, I am NOT BODY), and understanding consciousnesses patterns that are REFLECTED to the AWARENESS, we were finally able to know/reach the AWARENESS element of our existence model.

.

Monks; **Did we know there exists EGO_consciousnesses?**

Yes, By the knowledge/inference of our EXISTENCE MODEL elements, we discovered EGO_consciousness as part of the INFINITE time and INFINITE Space realm of AWARENESS, where all the accumulated consciousnesses of the life cycle of present material-form aka body are being stored.

.

In the same way monks, there exists a MECHANISM to reach out to WITHNESS_FORM_consciousnesses and we already know that BUDDHA was able to see his past life details.

Just as we discovered the PATh to **BRAHMN** [EXISTENCE, consciousness, and BLISS], we discovered AWARENESS and EXISTENCE MODEL in the infinite time and space realm and just as we discovered the EGO_consciousness as part of the AWARENESS MODEL, in the same way, monks, we shall be able to know/discover the path/mechanism to observe past life consciousnesses.

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"The world is an illusion", is TRUE only at the level of WITNESS_FORM/SOUL/Existense_Model - July-14-2024
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Monks;

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"The world is an illusion", is TRUE only at the level of WITNESS_FORM/SOUL/Existense_Model, but speaking LOOSELY about this at every discourse shall be avoided as there are PEOPLE who may be misguided into thinking, 'IF THIS WORLD is unreal then why not end it or why worry about it in ethical terms?, etc etc', some people have committed suicides believing this world to be UNREAL and so why waste time living it. And then there are radical JIHADIS who may also be misguided into blowing themselves up based on the theory of the Un_REal world.

.

We have to think in terms of common people who are not very spiritually understanding or intellectual to understand the REAL meaning of why the world is UnReal and thus there is a greater danger/possibility of this CONTEXT of UNREAL WORLD being misused or misunderstood, and therefore we SHALL AVOID REGULAR REPEAT of this sentence in every discourse.

.

I would consider the WORLD to be UN_REAL if there was NO EXPERIENCE OF QUALIA when living in the AVATAR experienced world. If the AVATAR that the witness-form aka the SOUL has acquired, is BOILED in water to death, would you as the acquiring entity aka the SOUL not made to feel the PAIN of cruel death? I agree after the death of the body, the SOUL is released and is made to feel that what it experienced was simply an AVATAR EXPERIENCE, nevertheless, the EXPERIENCE of acquired AVATAR life cycle was full of misery and every pain and agony that AVATAR went through was made to be felt by the WITNESS_FORM aka the SOUL, hence even though the experience may a MYTH, nevertheless the GAME of acquiring bodies is dangerous one and very agonizing for the SOUL, and therefore the SOUL must find a way to exit this evil GAME through enlightenment and Self Realization process.

.

I therefore request you all the monks, not to use this "**JAGAT MITHYA**" so loosely in every discourse. "**BRAHM SATYA**" can be used in every discourse though, or else, monks shall clearly explain that the context of **JAGAT MITHYA** only applies to the SOUL and NOT TO THE MATERIAL FORM aka this BODY.

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DEFILEMENTS and ANCHOR during the DHAMMA PRACTICES- July-17-2024

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Monks,

DEFILEMENTS are consciousnesses that are conditioned, conditioned by anxiety, fear, or any other type of AVERSION in any form.

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For example when observing the PAIN, moving the inner vision from one Pain Location to another directed by the mind, If at any time during observation of pain through the mind's eye or inner vision at any of pain locations, if one becomes unstable and deviates from objective observation

and equanimity, then one will end up creating DEFILEMENT concerning pain location.

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When practicing Self Realization and MindFulness, SADHAK'S are prone to creating DEFILEMENTS, as there are times or few seconds during these practices, we tend to become UN-STABLE, and every time you become unstable during DHAMMA practices, you will end up creating DEFILEMENTS.

.

Therefore using the ANCHORS are a significant part of DHAMMA PRACTICES. In VIPASSANA we are asked to observe the BREATH as an ANCHOR as soon as we feel that we have become unstable, although I find CHANT WORDS like 'HARE KRISHNA' or 'RADHE RADHE" very easy during such times. For example, When I feel unstable and am not able to apply objective observation and equanimity during any time of DHAMMA PRACTICES, I immediately switch to CHANT WORDS for a few seconds, and when I feel stable, I continue my dhamma practice with or without the chant words, sometimes along with chant words.

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For example when doing an INSIGHT meditation or VIPASSANA BODY SCAN, If I feel unstable, I first CHANT 'HARE KRISHNA' and then scan the body part and do so till I feel the instability has gone away.

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Therefore Monks, LEARN to use NACHORS during dhamma practices so as to NOT cause the creation of DEFILEMENTS during the DHAMMA PRACTICES.

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More on VIPASSANA BODY SCAN with SUBTLE VIBRATION [Experiment in progress-Draft version]- July-19-2024 [DRAFT VERSION- It takes 6 weeks to complete the experiment]

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Monks;

/* Aug-5-2024 START

ANAPANA meditation in 1 line:

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With closed eyes, seated relaxed, Keep the inner vision focused/seated firmly TOP of the philtrum, below nostrils, and if the inner vision deflects to other body parts, start observing incidents happening on top of philtrum just below the nostrils. Maintain objective observation and equanimity throughout the meditation session. Maintain the bare minimum attention towards vibrations or other incidents appearing on philtrum during the meditation, the intent is to keep the inner vision seated at the top of the philtrum.

***/ Aug-5-2024 END**

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/* START July-31-2024

An EXAMPLE OF SAW on WOOD is normally given to explain how one shall establish the inner vision exactly at the wood, where inner vision is the SAW and Object of meditation is the WOOD, but the side effect of this explanation is that one tends to TIE/BIND the SAW on WOOD process with BREATH INHALE AND EXHALE, and that results in DEFILEMENT with respect to the breath pattern and may cause burning feeling inside the throat.

What is required is to be told instead is, to let the inner vision remain seated FIRMLY at the WOOD and holistically observe all the places on WOOD where SAW made its impact, i.e, the primary objective is to let the inner vision remain FIRMLY seated at the object of meditation and then, with bare minimum attention, one may or may not, observe the incidents happening on the object of meditation and that, when the inner vision tries to shift attention elsewhere away from the object of meditation, then it becomes important to holistically observe the incidents like vibrations or touch of air or simply scan the object of meditation so as to establish the firm focus of inner vision always at the object of mediation.

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ANAPANA MEDITATION is NOT about the breath. It is about remaining seated at objected of meditation, at the same time observing incidents happening at the object of meditation maintaining objective observation and equanimity factors all the while. Aligning Meditation with BREATH is a DEFILEMENT.

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2- Objects of mediation: Location A- Nostril Borders (from outside) Location B- Top of the Upper Lip (Philtrum) just below the nostrils

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When doing meditation at the Object of mediation: Location A- Nostril Borders (from outside)

For 5-10 Minutes let the inner vision or mind's firmly seated at Location A- Nostril Borders (from outside). The primary objective is to remained the inner vision firmly seated at Location-A and anytime during the meditation, if one feels the inner vision attention drifting away from the Location-A, then one shall start to observe incidents happening at Location-A making sure NOT TO MOVE inner vision away from Location-A at any cost. The bare minimum observation shall be started at Location-A so that the inner vision does not shift attention to other activities on body. If the VIBRATIONS start, then simply observe the CONTACT locations at Location-A where the vibrations are making CONTACT everywhere at the Location-A, Or you may simply ignore the vibrations during the meditation. NEVER create PASSION or AVERSION towards vibration at any time of meditation. Use CHANT words 'HARE KRISHNA' as an ANCHOR when one feels unstable during the meditation.

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When doing meditation at the Object of mediation: Location B-Top of the Upper Lip (Philtrum) just below the nostrils

For 5-10 Minutes let the inner vision or mind's firmly seated at Location Location B- Upper Lip (Philtrum). The primary objective is to remained the inner vision firmly seated at Location-B and anytime during the meditation, if one feels the inner vision attention drifting away from the Location-B, then one shall start to observe incidents happening at Location-B making sure NOT TO MOVE inner vision away from Location-B at any cost. The bare minimum observation shall be started at Location-B so that the inner vision does not shift attention to other activities on body. If the VIBRATIONS start, then simply observe the CONTACT locations at Location-B where the vibrations are making CONTACT everywhere at the Location-B, Or you may simply ignore the vibrations during the meditation. NEVER create PASSION or AVERSION towards vibration at any time of meditation. Use CHANT words 'HARE KRISHNA' as an ANCHOR when one feels unstable during the meditation.

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After the VIBRATIONS start at the object of meditation, start performing VIPASSANA BODY SCAN 'head to bottom and reverse', several times, quickly and swiftly moving the inner vision across the body within seconds, NOT pausing even for a SECOND at any location. You must cover every location at all the body parts, and do not move/scan in ZIGZAG or CIRCLE positions, always perform scan top to bottom and reverse in vertical and straight positions.

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Thus, Perform Meditation at Location-A 5-10 minutes, followed By location-B 5-10 minutes, and as soon as vibrations appear, start body scan for 5-10 minutes< repeat the whole process again few times and STOP. Sometimes during the SLEEP you may wake up to find flow of sensations across the body on account of intense body scan you have performed earlier. Simply observe the body part holistically (HEAD, followed by TORSO, Followed by BOTH Legs, Followed by BOTH HAND) and observe the flow of sensations holistically for 5-10 seconds maintaining objective observation and equanimity. After a while ignore the flow and let it flow on its own using bare minimum attention. Use ANCHOR of chant word 'HARE KRISHNA' when feeling unstable anytime during the observation.

*/ **END July-31-2024**

/* July-30-2024- START

ANAPANA meditation is NOT ABOUT BREATH OBSERVATION. It is more about seating inner vision firmly at the object of meditation (A-Nostril borders/nose doors, B-Tiny area at the Top Of philtrum just below the nostrils, C-TOP of the philtrum/UPPER LIP/PHILTRUM just below the nostrils), observing incidents occurring at the object of meditation, observing the features like touch of air or optionally, scanning the object of meditation during every breath backward movement, and once VIBRATIONS start to appear TOP of the philtrum, then perform 5-10 minutes of VIPASSANA body scan after every few minutes of ANAPANA, alternating between ANAPANA and BODY SCAN every few minutes, repeated several times a day. More specifically, the inflicted body part shall be covered during body scan after every ANAPNA and arising of subsequent VIBRATIONS at the UPPER LIPS.

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SUMMARIZATION: All one has to do is to simply seat the inner vision FIRMLY at the "**object of meditation"** listed above and observe the incidents happening on them/ or optionally, scan them through inner vision during the breath backward movement, and once vibrations start to appear, then perform body scan {DO NOT Observe BREATH AIR ever].

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ANAPANA Objects of meditations list:

A-Nostril borders/nose doors (Scan nostril borders for incident)

B-Tiny area at the Top Of philtrum just below the nostrils (observe breath inhale and exhale exactly at the tiny area selected for observation, inner vision firmly seated there)

C-Entire UPPER LIP/PHILTRUM (experienced SADHAKS who have already conquered the MIND and THOUGHT process, and are able to subdue them immediately, directly start here)

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STEPS:- START {DO NOT Observe BREATH AIR ever]

WARNING: DO NOT create passion/aversion for vibrations or incidents happening at the object of meditation, simply observe them with bare minimum attention, just as you would watch cars passing by, trees passing by or buildings passing by during the walk or drive.

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Any time during meditation, if you become UN-STABLE, observe the feel of breath moving across the body for few seconds or a minute, or simply CHANT 'HARE KRISHNA' before every body scan or during ANAPANA for few seconds, till you are stable again.

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1-Lock the Inner vision/ Mind's eye at the object of meditation (A, B or C)

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2-Inner vision firmly Remaining there, continue to observe incidents that are occuring at the object of meditation (touch of air, vibrations ect) with bare minimum attention

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3-Primary attention shall be to seat inner vision firmly at the object of meditation

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4-secondary or bare minimum attention is given to observing incidents that occur at the object of meditation, and as soon as vibrations appear at the upper lips, one can switch to body scan.

Or simply scan the object of meditation through mind's eye or inner vision, during every "backward movement of breath/Only during Inhale movement". [DO NOT OBSERVE BREATH]

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5-Once VIBRATIONS start to appear anywhere on UPPER LIPS, then perform 5-10 minutes of VIPASSANA body scan after every few minutes of ANAPANA, alternating between ANAPANA and BODY SCAN every few minutes, repeated several times a day [5-10 minutes each time]. More specifically, the inflicted body part shall be covered during body scan after every ANAPNA and arising of subsequent VIBRATIONS at the UPPER LIPS.

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STEPS:- END

/* July-30-2024- END

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/* **Start July-28-2024**

PREPARING for Subtle vibration meditation:

Just as, 'when learning to drive a CAR', one must 'FIRST LEARN HOW TO APPLY BREAKS as the FIRST STEP' so as to not cause an accident, In the same way, monks, when applying DHAMMA practices, one must first learn 'HOW NOT TO CREATE DEFILEMENTS'. When indulging in DHAMMA PRACTICES, we tend to become UN_STABLE at certain times, and since we are dealing with Self_Enquiry, there is a FAT CHANCE that we may end up creating DEFILEMENTS or CONDITIONED Consciousnesses with respect to specific observations that failed due to unstable_state_of_mind and hence every time one feels un-stable there are few things a SADHAK CAN DO as mentioned below:-

1) STOP the DHAMMA PRACTICE for a while till he feels stable again.

2) Or use BREATH AS AN ANCHOR, Observe the flow of breath across the body for a few seconds (5-10 seconds)

3) Or use CHANT WORDS as an ANCHOR, a SADHAK immediately starts to CHANT when noticing the arising of an unstable mind that may end up creating defilement with respect to observation or self-enquiry being done in the present moment. For example, when I feel unstable during the observation of sensations, I immediately switch to chanting words, and I say the chanted word and observe and I say the chant word and observe till the mind is stable again.

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Therefore Monks, for Those preparing for Self Enquiry using DHAMMA PRACTICES as taught by the BUDDHA, the first thing they must learn is HOW TO USE ANCHORS (BREATh or CHANT WORDS) and for that, those who want to get into VIPASSANA COURSE and subsequent Self Enquiry, they must make themselves aware of CHANTING TECHNIQUES. In ISKCON HARE KRISHNA, we are trained on HARE KRISHNA MANTRA CHANTING, and one can go to YouTube and get some videos to learn 'HOW to do CHANTUNG' or one can look at my previous blog posts on CHANTINGS. One must chant for at least an hour while walking, while sleeping or any time one is free, the chanting can be done for few minutes to an hour and only after 8-12 weeks of such chanting practices one is able to use CHANT WORDS as ANCHOR in the future.

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BARE MINIMUM ATTENTION: Just as, while walking on the road one keeps his PRIMARY focus on reaching the destination, at the same time observes the surroundings with BARE MINIMUM ATTENTION, trees passing by, building passing by, vehicles passing by, various phenomena passing by with BARE MINIMUM ATTENTION, in the same way, Monks, one shall observe the PRIMARY object of meditation {UPPER LIP in this case] with PRIMARY ATTENTION, at the same time keeping ONLY A BARE MINIMUM ATTENTION to the sensations or vibrations that are experienced at the upper lip. The OBJECTIVE DETACHED OBSERVATION and EQUANIMITY [no reation] must be applied throughout the DHAMMA PRACTICES while meditating or observing -mind-body-phenomenon.

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It has come to my understanding that ANAPANA is NOT ABOUT observing the BREATH, the BREATH is simply an agency or anchor to observe the FEATURES related to the breath:-

1)

For example, when the object of mediation is "NOSE DOORS/oval shaped nostril borders", One simply FOCUSES their primary attention to 'make their inner vision or mind's eye, firmly seated at the nose doors', at the same time HOLISTICALLY observe the TOUCH of inhaled breath air, the exhaled breath is automatic and is not observed per se. We make sure that inner vision is seated firmly at the entrance of the nostril doors and holistically observe nostril borders during every inhale, maintaining objective detached bare minimum observation at nose doors, at the same time, the primary focus is to NOT TILT the inner vision focus away from the nostril borders.

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One simply FOCUSES their primary attention to 'make their inner vision or mind's eye, firmly seated at the "NOSE DOORS/oval shaped nostril borders", at the same time HOLISTICALLY observe the TOUCH of inhaled breath air/VIBRATIONS/SENSATIONS with bare minimum attention at the nostril borders, the exhaled breath is automatic and is not observed per se. We make sure that inner vision is seated firmly at the "NOSE DOORS/oval shaped nostril borders" and holistically observe "NOSE DOORS/oval shaped nostril borders", during every inhale, maintaining objective detached bare minimum observation at sensations/vibrations that arise anywhere at the "NOSE DOORS/oval shaped nostril borders", at the same time primary focus is to NOT TILT the inner vision focus away from the "NOSE DOORS/oval shaped nostril borders".

2)

For example, when the object of mediation is a "Tiny area at the top of the philtrum, just below the nostrils", One simply FOCUSES their primary attention to 'make their inner vision or mind's eye, firmly seated at the "Tiny area at the top of the philtrum, just below the nostrils"', at the same time HOLISTICALLY observe the TOUCH of inhaled breath air at the tiny area selected, the exhaled breath is automatic and is not observed per se. We make sure that inner vision is seated firmly at the "Tiny area at the top of the philtrum, just below the nostrils" and holistically observe inhaled air at the tiny area selected, during every inhale, maintaining objective detached bare minimum observation, at the same time primary focus is to NOT TILT the inner vision focus away from the "Tiny area at the top of the philtrum, just below the nostrils".

3)

For example, when the object of mediation is "UPPER LIP [entire area above top lip and just below nostrils, entire philtrum]", One simply FOCUSES their primary attention to 'make their inner vision or mind's eye, firmly seated at the "UPPER LIP [entire area above top lip and just below nostrils, entire philtrum]", at the same time HOLISTICALLY observe the TOUCH of inhaled breath air/VIBRATIONS/SENSATIONS with bare minimum attention, the exhaled breath is automatic and is not observed per se. We make sure that inner vision is seated firmly at the "UPPER LIP [entire area above top lip and just below nostrils, entire philtrum]" and holistically observe "UPPER LIP [entire area above top lip and just below nostrils, entire philtrum]" during every inhale, maintaining objective detached bare minimum observation at sensations/vibrations that arise anywhere at the upper lip, at the same time primary focus is to NOT TILT the inner vision focuss away from the "UPPER LIP [entire area above top lip and just below nostrils, entire philtrum]".

*/ END **July-28-2024**

Learning VIPASSANA body scan with SUBTLE OBSERVATION seems very important, as this process can DISSOLVE the SENSATIONS immediately upon their arising, thus causing minimal misery.

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These are my findings as of now:

That;

ANAPANA breath observation is NOT ABOUT observing the breath, but it is more about using it as an AGENCY to perform inquiry as below:

BREATH observations are performed with closed eyes, using inner vision or mind's eye:

MAINTAIN objective DETACHED observation and EQUANIMITY [No Reaction] during the entire breath observation process.

1)

When performing breath observation/inquiry of breath, during the first stage, one shall observe Fast or slow breath, Length, breath, shallow or thickness, going through the Left or Right nostril, etc FEATURES of the breath. We perform this type of breath observation for some time before moving to the next stage of observing breath at the NOSE DOOR or entry of

nostrils. WE NEVER OBSERVE ACTUAL AIR during ANAPANA breath observation, we simply observe the FEATURES as mentioned above. [By not observing the ACTUAL AIR, we avoid breath patterns related changes and defilements, and if one feels that breath pattern has changed, then one can switch to ANULOM /VILOM pranayam immediately by stopping ANAPANA for a few weeks]

2)

When observing breath at nose doors in the second stage of ANAPANA breath observation, we close our eyes, focus our vision firmly at the nostril oval borders entry location, take some time till the inner vision focus is able to visualize and FEEL the nostril borders through the inner vision and once done that, continue to observe the breath INHALE or VIBRATIONS that may appear at nostril borders and HOLISTICALLY OBSERVE touch of Air or vibrations or breath inhale at entire nostrils oval-shaped border for every inhale. Even if you are NOT able to feel the breath or vibration at nostril borders, still you must holistically cover or observe the entire area of the nostril border through the inner vision for every Inhale. The EXHALE may not be observed as it automatically exhales after every Inhale that was observed holistically on nostril borders.

Simply take ENOUGH time to LOCK your mind's eye or inner vision to visualize and see entire nostril' borders and remain focused there for 10-30 seconds, and once the locked focus on nostrils borders is established, then one continues to holistically observe/scan nostril borders during every INHALE, ignoring the vibrations if they appear. Simply remain your inner vision SEATED firmly, focused at nostril oval shaped borders and continue to scan entire nostril borders during every INHALE. Exhale is automatic and can be ignored.

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During this process, if VIBRATIONS APPEAR at nostril borders or elsewhere, then one shall ignore these vibrations, and one may only observe the CONTACT of vibrations at the nostril borders, using each vibration as a path to reach at the CONTACT location of the nostril border and simply observe the CONTACT for every such vibration, HOLISTICALLY. Just like we OBSERVE CONTACT of SENSATIONS, using SENSATIONS as a path to reach their arising location, and then simply observe EVERY CONTACT, in the same way, VIBRATIONS must be used only as a path to reach their CONTACT location at nostril borders and observe ONLY THE CONTACT of every vibration holistically at the nostril borders

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We perform breath observation at nose doors or touch of inhaled air at nostril borders, or we simply cover entire nostril borders with inner vision, maintaining focus, inner vision sitting firmly at nostril borders, for 5-10 minutes before moving to the 3rd stage of observing the TOUCH of BREATH at the PHILTRUM (anywhere at the philtrum, anywhere at the upper lip). EXHALE happens automatically and we can ignore that.

3A) When observing breath at tiny area just below the nostril at the top of upper lips, keeping your face tilted above so that you can see tiny area below the nostril easily, first take time to establish focus at tiny area below nostrils, at the red dot exactly below the nostrils on the upper lips, observe tiny breaths inhale and exhale both, keeping the inner vision firmly focused at tiny area below nostrils (red dot in pic)

3B) When observing breath within the green triangle area, keep your face tilted downwards, so that breath does not go directly inside nostrils, and observe the touch of Air within the triangular area that covers the philtrum below the nostrils, holistically observe the touch of incoming air everywhere on philtrum, exhale is not needed to be observed

When observing breath at UPPER LIPS anywhere at the philtrum during the 3rd and 4th stage of ANAPANA, we close our eyes, focus our vision firmly anywhere at the upper lip (preferably near to the nostril entry, just below), take some time till the inner vision focus is able to visualize and feel the UPPER LIP SKIN SURFACE through the inner vision and once done that, continue to observe the breath INHALE or VIBRATIONS that may appear at UPPER LIPS and HOLISTICALLY OBSERVE touch of AIR or vibrations or breath inhale at the upper lips/anywhere on philtrum, for every inhale. Even if you are NOT able to feel the breath or vibration at the upper lips, still you must holistically cover or observe the entire area of UPPER LIPS through the inner vision for every Inhale. The EXHALE may not be observed as it automatically exhales after every Inhale that was observed holistically on the upper lips/philtrum.

Simply take ENOUGH time to LOCK your mind's eye or inner vision to visualize and see "entire PHILTRUM at upper lips", and remain focused there for 10-30 seconds, and once the locked focus on "entire PHILTRUM at upper lips"is established, then one continues to holistically observe/scan TOUCH OF INHALE AIR at "entire PHILTRUM at upper lips" during every INHALE, ignoring the vibrations if they appear. Simply remain your inner vision SEATED firmly, focused at "entire PHILTRUM at upper lips" and continue to observe touch of inhaled air at the "entire PHILTRUM at upper lips" during every INHALE. Exhale is automatic and can be ignored.

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During this process if VIBRATIONS APPEAR at UPPER LIPS or elsewhere, then one shall ignore these vibrations, and one may only observe CONTACT of vibrations at the upper lips, using each vibration as a path to reach at the CONTACT location of upper lips and simply observe the CONTACT for every such vibration or touch of inhaled air, HOLISTICALLY. Just like we OBSERVE CONTACT of SENSATIONS, using SENSATIONS as a path to reach their arising location, and then simply observe EVERY CONTACT, in the same way, VIBRATIONS/touch of inhaled air must be used only as a path to reach their CONTACT location at nostril borders and observe ONLY THE CONTACT of every vibration/air holistically at the nostril borders

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We perform breath observation at UPPER LIPS or touch of inhaled air at UPPER LIPS, or we simply cover the entire UPPER LIP with inner vision, maintaining FIRM focus, inner vision sitting firmly at UPPER LIP, for 5-10 minutes before moving to the VIPASSANA BODY SCAN for 5-10 minutes.

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4)

We perform a VIPASSANA body scan for around 5 minutes after 2'nd step of observing breath at nose doors OR observing breath at UPPER LIPS anywhere at the philtrum for 5-10 minutes and repeat this process of breath observation at nose doors/upper lips and vipassana body scan few times before STOPPING it.

1) 5 minutes Breath observation at nose doors /nostril borders

2) 5 minutes Breath observation at the upper lips/philtrum

3) 5 minutes of VIPASSANA BODY SCAN immediately after the vibrations at the upper lips

4) REPEAT steps 1-3 for 3-4 times, before ending the BODY SCAN. {Do this 2-3 times a day, every day to maintain subtle observation STATE OF BODY, and this shall help DISSOLVE the Sensations at their roots, as soon as they appear, by simply applying objective observation and equanimity factors during their arisings]

+++++ STILL A DRAFT VERSION

The NARCISSIST Un_Real_Self v/s Real Self (Inner Child) {NARCISSISTS/ GAYS as UN-REAL Self ?]- July-23-2024

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BLOG CONTEXT NOTE: Professor Sam Vaknin, in one of his NARCISSIST secrets revealed VIDEOS, SAYS, that the "INNER CHILD must be killed so that Narcissist tendencies can be destroyed". I have a CONTRARY VIEW on this, which I have tried to project in this post:

Abandon Narcissist's "Inner Child" Before it KILLS YOU! (Developmental Delay, Age, Amnesia)

Prof. Sam Vaknin

https://youtu.be/XPtf-tBvxrc?si=IakvNGjA0kHz8FaH

Monks,'

The situation is just like, where one decides to BRING IN A TENANT TO HELP the OWNER OF the HOUSE COPE with difficulties of financial management, but once a TENANT is brought in, the tenant sees the OWNER of the HOUSE, WEAK and VULNERABLE, decides to overpower it, ISOLATES it from the real world and thus continues to EXPLOIT the resources which the OWNER shall otherwise enjoy.

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The INNER CHILD is a 'real Self', ON the contrary, it is the EMPTY/dis-associated non-existent MOTHER "Self" [which is the Un-real 'Self'] of the Inner Child, which is UN-REAL, NARCISSISTS, RUTHLESS but has overpowered the INNER CHILD has to be killed. Somewhere during childhood, the inner child creates its own disassociation/provider which shall act like its mother or father or a MENTOR/provider to be precise, to get over the TRAUMA of not being able to fulfill its child-like demands during childhood, to cope with the EXTERNAL WORLD. The inner child has found sanctum NOT IN REAL WORLD Mother but has created its own disassociated MOTHER-LIKE FIGURE which shall fulfill its fantasies and demands.

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And Monks, **Why does the NARCISSIST feel EMPTY within?** it is because that is the truth, the "**REAL_Inner_child-Self**" governed by the SOUL has been suppressed, so that the **dis-associated "Unreal_Mother_Self**" can survive. The **dis-associated "Unreal_Mother_Self**" does not possess the SOUL and therefore naturally feels EMPTY within, does not understand the rules of SOUL worlds, and knows only to survive based on its experience with the material world features, and if sees that an MBA is required to become materialistically strong during the CORPORATE WORK LIFE, it goes and does MBA, and therefore it continues to acquire several such possessions that help it grow in materialist world. For the **dis-associated "Unreal_Mother_Self**", it is survival techniques that are more important to him, the laws of the spiritual world like COMPASSION and un-conditional LOVE do not EXIST. The SOUL-LESS **dis-associated "Unreal_Mother_Self**" entity must survive at any cost and so the RESULST IS A NARCISSIST ANIMAL LIKE SURVIVAL BEHAVIOUR. The Real VICTIM here is the **REAL_Inner_child-Self**, which continues to be suppressed by this d**is-associated "Unreal_Mother_Self**" which has taken over its life cycle.

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So Monks, just like in a Self_Realization Process, one TRANSCENDS the MIND_BODY_PHENOMENON to DISCOVER its real nature aka the BRAHMN, in the same ways monks, unless the REAL_Inner_child-Self decides to overpower the dis-associated "Unreal_Mother_Self", its own un-real creation, the NARCISSIST dis-associated "Unreal_Mother_Self" shall continue to deny the inner child the real-life experiences it deserves.

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This dis-associated MOTHER Self is "NOT real self", and lacks SOUL, and not surprisingly is therefore just like a RUTHLESS ANIMAL, which only knows how to GRAB and SURVIVE RUTHLESSLESSLY. Still, this **dis-associated "Unreal_Mother_Self**" is also the reason the INNER CHILD has NOT BEEN ALLOWED to grow up. The **dis-associated "Unreal_Mother_Self** has TAKEN OVER THE "**REAL_Inner_child-Self**" and does not allow it to grow and let it become independent and free from the clutches of the **dis-associated "Unreal_Mother_Self**".

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Monks, Which is the REAL PERSONA zhere? The Inner Child is a REAL PERSONA, while the ADULT LIKE Mother Self is Un-Real and lacks SOUL and related features like COMPASSION AND LOVINGNESS, this "**unreal-Mother self"** only knows how to grab and destroy others in order to

survive, and not surprisingly, because the REAL Self has been imprisoned by the this UN-REAL_NARCISSIST_SElf.

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The CHILD although created an "**Unreal_Mother_Self"** to make itself COPE with external world pressure during childhood, the "**Unreal_Mother_Self**" on seeing the CHILD weak and vulnerable, has overpowered the inner child and refuses to let this inner child grow so that its own narcissistic survival/existence can be justified.

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CONCLUSION:

Unless the **REAL_Inner_child-Self** makes itself understand, that the ADULT NARCISSIST '**Mother Self'** is **UNREAL** and therefore has to be let go or destroyed so that the INNER CHILD that has been suppressed till now, can grow up and become an adult and become a REAL Self. For this, the Inner CHILD has to learn to start COPING with the EXTERNAL WORLD on its own, and once the CHILD starts to make its own decisions, learns to over-ride the NArcissist mother Self, forms the understanding that the Mother Self instead of protecting is in fact destroying it, then, the NARCISSIST Un-Real Self can be sent back to where it belonged [to nothingness], and once the inner child is free and alone, it can then start to grow its own Self which has been suppressed for so long.

The CHILD created this UN-REAL persona, as the REAL MOTHER or FATHER FAILED to protect him, or fulfil its desires. So now, the CHILD has created INNER_UNREAL_Self to whom it shall look, in order to dictate its needs. So in a WAY, the CHILD DICTATES to the UN-REAL_Self to fulfill its desires, and thus refuses to GROW himself. The UN-REAL_SELF continues to grow up in size and mental features as the CHILD has passed on all its need to be fulfilled by its own created INNER_UNREAL_Self which shall acts like its mother/father or mentor to be precise.

This CHILD shall be made to understand NOT TO PASS ON its desires to be fulfilled by the INNER_UNREAL_Self, and thus, this CHILD must take the REIGNS of the LIFE on its own shoulder and free itself from the clutches of INNER_UNREAL_Self, which is UN_REAL/made to grow as NARCISSIST to fulfill the child's needs. The INNER_UNREAL_Self has now grown powerful enough to overpower the CHILD and dictate its own terms and conditions on which the CHILD must be made to survive.

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Case Study1 [NARCISSISTS}: So what happened in one of the situations was that, although the INNER CHILD, wants to hold on to the MAN FIGURE it desires, the NARCISSIT un-Real Mother Self, continues to deny it that possibility and why? because once the CHILD starts to get what it wants, the Un-Real Mother Self will no longer be needed or required and thus that will bring destruction of the Mother-Self which is un-real, empty, lacks soul, and is thus NARCISSIST.

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So far MIND (Unreal_MOther_self) has overpowered the INNER CHILD (Desires of the HEART), and once the HEART learns to take over the MIND, the NARCISSIST Mind will be destroyed, This shall start the process of re-surfacing of the EMPATHY and unconditional LOVINGNESS which are the features of the SOUL DRIVEN Inner child. Therefore, O, inner child [HEART}, MUSTER ALL THE COURAGE and learn to overpower the Narcissist MIND so that the REAL YOU can start to live once again.

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Case Study2 [GAYS and Lesbians]- In the SAME WAY, it looks like, In the case of GAYS, homosexuals, and lesbians, where they understood that it was easy to get a same-sex partner rather than understand and get into the complexity of opposite-sex partners, but once an "**un-real-GAY-self" was created,** that was seeking pleasures in easy same-sex partners findings, this "**un-real-GAY-self' later overpowers the "Real-Self" that would otherwise seek opposite-sex partners.**

That is why you must have observed, how the gay partners are very protective about other partners getting along with the opposite sex, fearing that interaction with opposite sex partners may weaken the "UNREAL_GAY_Self" and thus lose them forever.

If the Real_Self starts to come out of the shackles of the "UNREAL_GAY_Self", by indulging with opposite-sex partners, then they might be able to kill the UNREAL_GAY_Self,which has so far overpowered the REAL_SELF which seeks opposite-sex partners.

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PS:

Why do I NOT Refer to NARC by the NAME-FORM?

Because there is NO BEING there, What we are seeing is UN-REAL_Narcissist_SElf, EMPTY, BRUTAL to the core, manipulative,

condensing which has SUBJUGATED the Real_Self_Inner_Child, and just as TERRORISTS use the shield of common civilians during the combat, in the same way WHEN NARCISSIST sees himself cornered, he immediately puts the INNER CHILD AFRONT to save himself.

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Shall we kill the NARC therefore?

Nop, because there is a INNER_CHILD_Self that is TRAPPED and SUBJUGATED by the unreal_NARC_Self, and which is SCREAMING FOR THE HELP. Although it was the CHILD who created this UNreal_self in the first place, but this Unreal_Self has subjugated the inner child and uses it to save himself when caught in dire situations.

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Then what is SOLUTION? How do we save the inner child from the Unreal_Narc_self?

.
It looks like, only the inner child can send the unreal_Narc_self to where it belonged (To nothingness), and for that the CHILD must be guided to take CHARGE, and face the EXTERNAL WORLD, rather than send unreal_self to face the external world. The Inner_CHILD instead of seeing the external world as enemy or being fearful of it, shall be made to understand that it is the unreal_Mother_Self that he looks at for protection is the real enemy, and that he must muster courage to come out and take charge, send narcissist mind to back to where it belonged.
.
The UNREAL_Self is empty and without any substance but when the inner child activates it, it takes charge and uses brutal ways to get things done, this unreal_Self is NOT aware of EMPATHY, COMPASSION, or UNCONDITIONAL LOVE as it is NOT governed by the SOUL. In fact, this UNreal_Self sees EMPATHY, COMPASSION, and UNCONDITIONAL LOVE as WEAKNESSES and TRIES to exploit those features of other Name-Forms thereby inflicting an intense amount of cruelty on them.
.
Just as a BUTCHER sees his animals as potential money generators and for food, on the other side, the animals not being aware of this continue to look to butcher as their protector and form an emotional bond with him, only to realize later how they are being butchered mercilessly, In the same way, NARCISSIST sees other NAME_FORMS as potential NARC SUPPLIERS, whereas other name_forms being ignorant about this fact, form emotional bond with the NARC, only to be sucked dry of their soul and used

mercilessly for narcissist's evil intentions.
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Helping the Narc/The FORMING OF Dis-Associated Consciousness {NARCISSISTS] - July-25-2024

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Monks,
As per the LAW OF NATURE, BEINGS are driven by the SOUL. That means, accumulated SOUL WISDOM is used to drive the NAME-FORM aka the material-form aka the BODY, and NAME-FORM is nothing but a BUNDLE OF Consciousnesses. The NAME-FORM aka BEING is DRIVEN by the SOUL.
.
Now, "**Dis-Associated Consciousnesses"** are those where a NAME-FORM takes an AVATAR of another character for a while to complete a specific task and once the task is completed, the Dis-Associated Consciousnesses cycle ENDS, the NAME-FORM is back to DRIVEN by the original SOUL. Dis-associated consciousnesses are DRIVEN by the NAME-FORM/BEING and NOT the SOUL. For example, when singing, I take the AVATAR of a particular actor and bring out VOICE TEXTURE as it would have come out of that actor's voice texture.
.
These Dis-Associated Consciousnesses are NOT DRIVEN by the SOUL, they are AUTONOMOUS Dis-Associated Consciousnesses, that arise in specific scenarios, in reaction to a specific phenomenon. They have a short lifespan and are driven by the NAME-FORM aka the BEING.
.
Now, Monks, There is a CASE where The Dis-Associated Consciousnesses ARISES, persist for a WHILE, and Ceases. For example, an ACTOR performs a specific scene with the AVATAR of a CHARACTER, and once the scene is over, the actor comes back to his original form. Thus, the AVATAR of the character being depicted in a movie was DRIVEN/ACTED by the NAME-FORM aka the ACTOR. Once the movie scene is over, ACTOR is in his original AVATAR, and this original AVATAR is now driven by the SOUL. Thus, we can see the hierarchy here, SOUL-Drives the Name-Form, NAME-FORM Drives/ACTS the CHARACTER in a movie scene.
.
MANIFESTATION OF Dis-Associated Consciousnesses:- Since the movie AVATAR character is being shot on a daily basis by the ACTOR, there is a possibility that this movie AVATAR takes the form of a "Dis-Associated Consciousness", and as soon as the ACTOR gets ready for the next shot, this "Dis-Associated Consciousness" arises and makes the job of ACTOR easy to get into the CHARACTER.

.
Monks, There is a CASE, where the ACTOR continues to REMAIN in that "Dis-Associated Consciousness" avatar even after the movie shots are over. This happens as the ACTOR finds that with this movie AVATAR role play in real life, he is able to BENEFIT a LOT, as people/women are charmed by this AVATAR and that makes his life easy and fulfilled in many senses.

For this, the ACTOR SUBDUES his ORIGINAL BEING, continues to ACTIVATE "Dis-Associated Consciousness" of a MOVIE AVATAR, and then reaches the point where the ORIGINAL BEING/original avatar driven by the SOUL is LOST/subdued and remains TRAPPED within the "Dis-Associated Consciousness" that has GROWN SO BIG that there appears to be the loss of original BEING that is driven by the SOUL.
.

MANIFESTATION OF Dis-Associated Consciousnesses [NARCISSIST Consciousness]:- In the SAME WAY Monks, there is a CASE OF Dis-Associated Consciousnesses (NARCISSIST Consciousness), which ARISES and PERSIST for 'n' number of hours, takes over/SUBDUES the SOUL DRIVEN NAME-FORM to complete a specific task and the NAME-FORM returns to the original BEING that is driven by the soul.

.
WHY and HOW this Dis-Associated consciousness (NARCISSIST Consciousness) got created/manifested REMAINS the QUESTION to be answered by the CHILD, as it seems that during the CHILDHOOD the CHILD created this "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" to PROTECT him, as there was a possibility that CHILD himself felt fearful/ISOLATED and so created a "Dis-Associated Consciousnesses (NARCISSIST Consciousness)"/MOther_self, that shall act like his mother/mentor/protector and PROTECT him from EXTERNAL and INTERNAL forces that made him fearful.
.
And since the "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" was created during the CHILDHOOD, the CHILD did not know how to SUBDUE his own creation, which was becoming BIGGER day by day and was now dictating to the child what it should get and what it should not. THE CHILD was captivated by "Dis-Associated Consciousnesses (NARCISSIST Consciousness)", and WAS NOT ALLOWED TO GROW UP, thus although the BODY continues to become ADULT, the CHILD within the BODY remained a CHILD as he was NOT allowed to grow by his own creation "Dis-Associated Consciousnesses (NARCISSIST Consciousness)", which has NOW TAKEN over the day to day life affairs and continues to SUBJUGATE the NEEDS of TRAPPED CHILD in an ADULT BODY.
.
Since "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" is

NOT DRIVEN by the SOUL, it does not understand features like COMPASSION and empathy, or in a way, this "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" is like an ANIMAL who just grabs and kills/hurts in order to survive in the material world. Although the CHILD craves love and empathy from time to time but is subjugated and trapped by his own creation sometimes during childhood and now remains trapped and helpless, whose SCREAMS cannot be understood by the external world.

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.
Now Monks, HOW do we SAVE this CHILD entrapped by the "Dis-Associated Consciousnesses (NARCISSIST Consciousness)"?
Just as BEINGS transcend mind-body-phenomenon by realizing their true nature, and that they are NOT mind-body but the SOUL, and thus, are released by this knowledge, in the same way, Monks, if the CHILD is made to understand that this "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" is NOT WHAT HE IS, but he is CHILD driven by the SOUL, and that this "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" came as a POSSESSION sometimes during the childhood and therefore if he can let go of this "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" with the knowledge that this is NOT WHAT I AM, I am a divine child driven by SOUL and that this "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" DRIVING me is NOT NATURAL, this knowledge may be able to release the CHILD from the clutches of the "Dis-Associated Consciousnesses (NARCISSIST Consciousness)".
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thus ALTHOUGH the "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" was created by the CHILD and the CHILD continues to activate it thinking that "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" is his savior, and wrongly thinks that this dis-association is what he is, NOT realizing that he has REMAINED CHILD in an ADULT BODY and is NOT BEING ALLOWED TO GROW UP because of this "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" entity, and if the CHILD is able to create dispassion for this dis-associated entity, then there is a chance he may be able to end the cycle of this "Dis-Associated Consciousnesses (NARCISSIST Consciousness)" ENTITY.
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The CHILD must take charge of dealing with the EXTERNAL WORLD to subdue and subjugate the NARC WITHIN. Mind over HEarT has to be replaced with HEART over the MIND in order to subjugate the NARC within.

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Skillful use of NARCISSIST Mind- July-26-2024 / Whether to Kill it or use it skillfully?

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NOTE: First, one MUST learn the VIPASSANA subtle observation/INSIGHT MEDITATION method from the regular 10-day VIPASSANA COURSE taught in VIPASSNA centers.

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There is a "PERMANENT METHOD to subdue/kill the **NARCISSIST** MIND" and a "SKILLFUL use of the NARC MIND METHOD", both can be used by the CHILD at the appropriate age. At a young age, the 'SkillFul use' method can be applied, and at later ages, one may even kill the **NARCISSIST** mind forever.

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SkillFul use method:-

Monks, "Dis-Associated **NARCISSIST** Consciousness" was manifested sometime during childhood and have taken charge of CHILDS' Life, thereby rendering the CHILD trapped, at the mercy of the manifested "Dis-Associated NARC Consciousnesses" which has now become too strong.

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The "Dis-Associated NARC Consciousness" is a SHARP MIND. Still, very EVIL does not understand the rules of the SOUL world, lacks COMPASSION and EMPATHY, and just as the WILD horses are dangerous, LIONS are dangerous. Still, once both of these ANIMALS are TAMED, they can be skillfully used to 'ride in the case of WILD horse' and 'employed in CIRCUS as in the case of LIONS'.

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Monks, Just like a wild and uncontrolled MIND is dangerous, an enemy, in the same way, UNCONTROLLED NARC MIND is dangerous, an enemy as it only knows to HARM and cruelly USES others to survive. And, just as a controlled mind can be skillfully used, in the same way, monks, a NARC MIND once understood as "Dis-Associated **NARCISSIST** Consciousnesses", NOT 'MINE', NOT 'ME', NOT 'I', then one can skilfully use it to flourish in life/material_world, at the same time stopping it from harming others or use others as dead meat.

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The inner CHILD is governed by the SOUL, and once he is made to understand to see these "Dis-Associated NARC Consciousnesses" as NOT WHAT HE IS, therefore can be taught to disassociate himself from the NARC mind and, at the same time use it only when required. This NARC mind shall be henceforth stopped from causing HARM to others and is only used skillfully to flourish in the material world.

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PERMANENTLY killing/SUBDUING of the NARCISSIST MIND:-

There is a SUBTLE VIBRATION OBSERVATION [**MASS EDITOR of Consciousnesses**] aka the INSIGHT Meditation, and once, one learns to meditate on subtle vibrations aka INSIGHT MEDITATION aka VIPASSANA BODY SCAN, this meditation automatically makes all afflicted Consciousnesses including "Dis-Associated **NARCISSIST** Consciousnesses" to blissful or neutral if done regularly for 30 minutes on regular basis. I am still working/experimenting on the right/easy/safe way to perform this observation, that does not cause defilement issues, and once I am done with that, I will publish it.

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EXISTENCE MODEL NARC/PSYCHOPATHS/SOCIOPATHS [Dis-associated_consciousness_LAYER] - July-28-2024

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While Normal People have to deal with the mind-body phenomenon, Narcs/psychopaths/sociopaths have to deal with the "**additional mind**" aka additional_consciousness_LAYER that governs the mind-body rather than the SOUL {SOUL is suppressed most time in these cases].

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Normal people existence model: [SOUL-Mind-Body]

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Narc_consciousness/psychopath_consciousness/ sociopaths_consciousness "existence model"-

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The NARC/PSYCHOPATHS/SOCIOPATHS existence model: 2 LAYERS that govern/direct the BODY from time to time (SOUL for a few hours, Dis-associated_consciousness_LAYER for most of the time)

1'st LAYER-SOUL-Mind-Body- (Mind Body governed by SOUL) [SOUL + EGO consciousnesses accumulated from birth till date]

2'nd LAYER-Additional_consciousness_LAYER with "accumulated Dis-associated_consciousnesses" (SOUL is suppressed, the body is governed/directed by the dis-associated_consciousness_LAYER most of the time)

Dis-associated_consciousness_LAYER directs the body through the accumulated Dis-associated_consciousnesses, accumulated from birth till the date when this additional_LAYER was directing the body.

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Simply meaning, SOUL directs the body through EGO consciousnesses created/collected/accumulated from birth till date

The additional consciousness Layer directs the body through the additional_LAYER_consciousnesses collected from birth to date

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This means, there exists TWO (2) minds in the case of NARC/PSYCHOPATHS/SOCIOPATHS,

one MIND is the accumulation of consciousnesses that are EGO_consciousnesses directed by the SOUL

Second MIND, where additional_LAYER_consciousnesses that are directed by the additional_LAYER_consciousness

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There is one additional layer of dis-associated_consciousness_LAYER that must transcended to realize the AWAKENING in the case of NARC/PSYCHOPATHS/SOCIOPATHS.

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In the case of NARC/PSYCHOPATHS/SOCIOPATHS, before the AWAKENING, the Original MIND-BODY governed by the SOUL must be discovered/Realized first.

Self Realization is 2 steps in the case
of NARC/PSYCHOPATHS/SOCIOPATHS;

1st step: to discover/Realize that I am not the
NARC/PSYCHOPATHS/SOCIOPATHS, I am a MIND-BODY

2nd Step: to discover that I am NOT mind-body, I am a
SOUL/WITNESS_FORM

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RESOLUTION of NARC/PSYCHOPATHS/SOCIOPATHS:

The SUBTLE OBSERVATION method/Insight Meditation based on subtle observation (Vibrations at the upper lip) may be used to NEUTRALIZE/CLEANSE these Additional_consciousness_LAYER along with the conditioned or afflicted consciousnesses to the NEUTRAL or Blissful. This subtle observation METHOD experimentation is UNDER PROGRESS and as soon as I am ready, I shall publish it. It may take at least 6 weeks for that.

PS:

Why shall a false self/dis-associated self, be given up by the inner child?

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Because, your learnings, experiences, knowledge, etc are part of the unreal self that is not governed by the soul, hence, at the time of death, the maturity level of the soul is still the same as was during the birth of the body, and hence your entire life cycle is gone waste.

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The purpose of the soul is to occupy the body and collect experiences that it can use in the next life cycle so that Nibbana can be achieved, but if the dis-associated unreal self is used to run the entire life cycle of the body(present birth cycle), where soul was suppressed, then whole life cycle has gone wasted, no matter even if you became CEO or the Director if company, as this achievement belongs to false self that is NOT governed by the soul.

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That is why the inner child needs to subjugate the false self and take charge ASAP.

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TODAY on Aug-4-2024 I reached the NEXT level, observing sensations as QUALIA, ESTABLISHING the AWARENESS as our true reality - Aug-4-2024

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Monks,

In my journey towards Self Enquiry leading to Self Realization, of how to observe sensations, the following steps have been surpassed:-

1) First, I learned to observe sensations immediately on their arising, seeing them as detached was not understood by me, so I started to observe them AT CONTACT, holistically observing them everywhere there was CONTACT made at body parts affected by the sensations. Thus, I learned to observe the CONTACT of sensation with the body part at their exact arising instead of observing the sensations directly, as observing the SENSATIONS directly, there was a probability of getting burned by them and creating defilement subsequently. The detached objective observations are done with equanimity always.

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2) I then, learned to observe the sensations (CONTACT of sensations at body part), directed by the mind, seeing them as an impermanent phenomenon, where directed by the mind's eye, one observes the sensation on which the mind has brought its primary attention during the present moment, and as the mind's eye jumps to attend the next sensation, the previous sensations subdues or mellow down, thus jumping from one sensation to another, observing their CONTACT, directed by the mind. The detached objective observations are done with equanimity always.

.

3) I, further learned to observe them as ANICCA or ANITYA or switching the attention immediately upon their arising to the CHANT WORDS of 'ANITYA' or 'ANICCA', thus subduing the sensations as the attention was shifted to deathless element in the form of chant words. This works on the principle that AWAREMESS continues to seek one or other consciousness and hence EXPLICIT shifting of the attention of the AWARENESS to the CHANT WORDS deflects the attention away from the sensations and thus, the misery is mellowed down or subdued. [In my opinion, this worked far better in subduing the misery as the explicit attention was always on the

chant words thus not allowing the other consciousnesses or sensations to take the primary attention]

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4) But today Monks, there was the realization that has surpassed all other techniques above, I saw/experienced the QUALIA as the detached entities/energies. You must have heard the phrase, 'FEAR GRIPPED HIM' where a feeling of fear or anxiety is taking hold of someone or a situation. This phenomenon of gripping is caused by external arisings, experienced as arising of feelings and feelings are NON-SELF Monks, they are empty, no-self, with no substance et all, but one, when reacts in response to these non-self QUALIA, one creates chemical work in the form of sensations on the body.

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I saw the ITCH QUALIA, just as I see the WAVES arise and disintegrate when sitting at the shore of the Sea, not seeing the qualia as MINE, detached from the body. There was simply an AWARENESS, witnessing the arising and passing away of the QUALIA, not seeing the QUALIA as part of the body even if the body was gripped by the specific QUALIA.

What this means is that this VERY EXISTENCE of the feeling of the ITCH, is nothing but a QUALIA, thereby understanding or establishing the knowledge that there was simply an AWARENESS, witnessing the arising and passing away of the "experience of ITCH QUALIA", not seeing the QUALIA as part of the body even if the BODY was gripped by the specific QUALIA. To see the BODY as "experience within the experience" or "QUALIA within the QUALIA", it was established that there is nothing but AWARENESS and that the whole MIND-BODY existence itself is nothing but an "experience of the QUALIA within the QUALIA".

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I saw the 'Feeling of COLD QUALIA', just as I see the WAVES arise and disintegrate when sitting at the shore of the Sea, not seeing the qualia as MINE, detached from the body. There was simply an AWARENESS, witnessing the arising and passing away of the QUALIA, not seeing the QUALIA as part of the body even if the body was gripped by the specific QUALIA.

What this means is that this VERY EXISTENCE of the 'feeling of the COLD', is nothing but a QUALIA, thereby understanding or establishing the knowledge that there was simply an AWARENESS, witnessing the arising and passing away of the "experience of COLD FEELINGS as QUALIA", not

seeing the QUALIA as part of the body even if the BODY was gripped by the specific QUALIA. To see the BODY as "experience within the experience" or "QUALIA within the QUALIA", it was established that there is nothing but AWARENESS and that the whole MIND-BODY existence itself is nothing but an "experience of the QUALIA within the QUALIA".

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Thus, I saw the "feeling of the existence of this very GROSS BODY as a WHOLE" during sleep, as simply a QUALIA, not seeing the qualia as MINE, detached from the AWARENESS. There was simply an AWARENESS, witnessing the arising and passing away of the QUALIA as the existence of the GROSS BODY.

What this means is that this VERY EXISTENCE of the feeling of the presence of the gross body during the SLEEP, is nothing but a QUALIA, thereby understanding or establishing the knowledge that There was simply an AWARENESS, witnessing the arising and passing away of the "experience of EXISTENCE OF THE BODY QUALIA", seeing the body and body parts as the "QUALIA within the QUALIA". To see the BODY as "experience within the experience" or "QUALIA within the QUALIA", it was established that there is nothing but AWARENESS and that the whole MIND-BODY existence itself is nothing but an "experience of the QUALIA within the QUALIA".

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Thus, the knowledge that, the GROSS BODY is not what I AM, there is just a QUALIA concerning the feeling of the existence of the gross body, and there remains nothing but the AWARENESS of witnessing the GROSS BODY QUALIA, observing the QUALIA as detached entities, maintaining objective detached observation and equanimity factors when experiencing them

Thus, the knowledge that, the EYES is not what I AM, there is just a QUALIA concerning the feeling of the existence of the EYES, and there remains nothing but the AWARENESS witnessing the EYES QUALIA, observing the QUALIA as detached entities, maintaining objective detached observation and equanimity factors when experiencing them

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Thus, the knowledge that, the EARS is not what I AM, there is just a QUALIA concerning the feeling of the existence of the EARS, and there remains nothing but the AWARENESS witnessing the EARS QUALIA,

observing the QUALIA as detached entities, maintaining objective detached observation and equanimity factors when experiencing them

Thus, the knowledge that, the ITCH is not what I AM, there is just a QUALIA concerning the feeling of the existence of the ITCH, and there remains nothing but the AWARENESS witnessing the ITCH QUALIA, observing the QUALIA as detached entities, maintaining objective detached observation and equanimity factors when experiencing them

.

Thus, the knowledge that, the PAIN is not what I AM, there is just a QUALIA concerning the feeling of the existence of the PAIN, and there remains nothing but the AWARENESS witnessing the PAIN QUALIA, observing the QUALIA as detached entities, maintaining objective detached observation and equanimity factors when experiencing them

.

Monks, this very existence is NOTHING BUT A QUALIA, appearing on the DASHBOARD of AWARENESS, and if this is true, then Monks, we have TRUELY TRANSCENDED the MIND-BODY phenomenon, established the AWARENESS as the final existence that we are.

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/* **Aug-5-2024 START**

Breaking down QUALIA: /* Aug-5-2024

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QULIA are the experience of appearing or projection of a phenomenon to the AWARENESS [Just like the movie is a screen appearance, and several movies can appear on screen, one after another], and all the appearances are first converted into the consciousnesses before being reflected to the AWARENESS. That means, every phenomenon being witnessed is first converted into consciousness and is subsequently made available/PROJECTED/REFLECTED to the AWARENESS.

.

Experience of an ITCH and subsequent ITCH_consciousness is an appearance/projection to the AWARENESS

Experience of PAIN and subsequent PAIN_consciousness is an appearance/projection to the AWARENESS

Experience of an EXISTENCE_OF_BODY_PART and subsequent EXISTENCE_OF_BODY_PART_consciousness is an appearance/projection to the AWARENESS

.

But monks, QUALIA are experienced as GROSS, and thereby the BEINGS get confused and are afflicted by them. For example "QUALIA of ITCH" and "QUALIA OF Existence of Body part" merge to form an illusion of ITCH appearing on body part, and thus, BEINGS are afflicted by a combination of 2 QUALIA, not knowing that each is a separate qualia. If the BEINGS learn to see/break down QUALIA into the several different qualia and learn to observe EACH QUALIA separately, then the BEINGS would have learned to observe the QUALIA correctly, thereby minimizing the misery that is caused on account of seeing several qualia as the bundle of one GROSS QUALIA.

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Monks, therefore I urge you to observe/break down the QUALIA, seeing "experience of the feeling of sensation" as ONE QUALIA, "experience of the feeling of, the existence of sensation afflicted BODY PART' as another QUALIA. This very existence as a whole is nothing but a QUALIA.

/* Aug-5-2024 END

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Expansion of 12 dependent links: QUALIA and consciousness are at AWARENESS-based existence model: Aug-8-2024
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Monks
□□□□□ = **AWARENESS** aka DASHBOARD aka the bundle of elements that constitute SOUL.
□□□□□**/PURUSH** = portion of □□□□□□**/BRAHMA** aka the EXISTENCE model (Inner vision, WISDOM with GUNA's, consciousness, and EGO)
mann buddhi chitta ahankara aka □□ □□□□□□ □□□□□ □□□□□□ are the elements of the SOUL aka portion of **BRAHMA** aka □□□□□**/PURUSH**
Monks, portion of BRAHMA aka PURUSH is the SOUL
aka □□□□□ □□ □□□□□ □□ □□□ □□□□ □□/SOUL also known as PURUSH aka portion of BRAHMA.
.
BRAHMN= SAT CHIT ANAND is the state of BRAHMN aka the PURE consciousness, a BEING experiences after the Self Realization, and when he continues to follow the noble 8-fold path and does not create conditioned consciousnesses as part of his learning of DHAMMA. He lives in the material world just as a LOTUS FLOWER lives in muddy water.

Monks,
BUDDHA has already informed us that 'WHATEVER happens in MIND has corresponding SENSATION aka chemical work' on the body, thus SENSATIONS overlap the FIELD of MIND and MATTER (BODY)
In our journey towards self-realization, we have already DISCOVERED that consciousness overlaps the field of MIND and AWARENESS and that the BRAIN acts as a BROKER between the MIND and the AWARENESS model of existence.

Thus, the BRAIN works in time and space zones when the 5-sense media are ACTIVE or STRONGER, and the same BRAIN works in INFINITE time and INFINITE space zones when the 5-sense media are SUBDUED or MELLOWED DOWN.
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VIPASSANA provides us with 12 dependent links that tell us how a MISERY/CONDITIONED existence/conditioned consciousness, came into the existence. Today We will expand this concept, which shall cover the AWARENESS or our real existence model. This expansion covers the explanation of what happens after the 12 depedent links have executes as per VIPASSANA model, and then further expands the conditioned consciousness to be made available to the AWARENESS.
[WE SHALL Continue to expand/correct this new thesis/model as time goes by during our journey towards Self Enquiry/Self Realization]
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Expanded 12 dependent links:- START
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AFTER the 12 dependent links are completed, the arisen conditioned existence must be made available to the AWARENESS which exists in infinite time and infine space zone.
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SENSATIONS on account of affliction/hurt or simply neutral sensations or a mind phenomenon
ARISING (from time to time, sensations ARISE as per the law of nature)
PERCEPTION aka "CONTACT of arisen sensations with the BRAIN"
COGNITION into the consciousness of the arisen sensations, [AWARENESS seeks reflection in the form consciousness, hence all the experience must be first cognized into the consciousness]
QUALIA aka "the first person EXPERIENCE of the cognized consciousness"
AWARENESS [the QUALIA is made available to the AWARENESS]
Expanded 12 dependent links:- END

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.
.
Monks,
□□□□□ = **AWARENESS** aka DASHBOARD aka the bundle of elements that constitute SOUL.
□□□□□ /**PURUSH** = portion of □□□□□□/**BRAHMA** aka the EXISTENCE model (Inner vision, WISDOM with GUNA's, consciousness and EGO)

mann buddhi chitta ahankara aka □□ □□□□□□ □□□□□ □□□□□□ are the elements of the SOUL aka porion of **BRAHMA** aka □□□□□/**PURUSH**
Monks, portion of BRAHMA aka PURUSH is the SOUL
aka □□□□□ □□ □□□□□ □□ □□□ □□□□ □□.
.
BRAHMN= SAT CHIT ANAND is the state of BRAHMN aka the PURE consciousness, a BEING experiences after the Self Realization, and when he continues to follow the noble 8-fold path and does not create conditioned consciousnesses as part of his learning of DHAMMA. He lives in the material world just as a LOTUS FLOWER lives in muddy water.
.
Now Monks, With the above information available we shall construct the example as below:-
Let's take an example where a FOOT TOE was hurt due to the forceful CONTACT with the earth surface.
.
Now there arise several sensations in the form of PAIN, NUMBNESS, cold and warm feelings, tingling, and so on.

Each sensation arises and passes away at specific body part location, and, if the body part experiencing the sensation is a micro part or epidermal cells {now I am not good in biology, so shall just make an infefence] then each such affected "epidermal cells " along with the arisen sensation makes CONTACT with the BRAIN.

.

The BRAIN is the BROKER between the AWARENESS and the MIND (EGO consciousnesses).

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the PAIN "**SENSATION"** on account of TOE HURT has ARISEN
Afflicted epidermal cells along with sensation make: **CONTACT"** with the BRAIN
There is a **COGNITION** into the "**consciousness"** of the arisen phenomenon of afflicted epidermal cells along with the sensation

.

The experience of "**QUALIA"** is generated out of this cognized consciousness
The experience of "**the existence of afflicted epidermal cells**" is **ONE QUALIA**

The experience of the "**PAIN"** is **SECOND QUALIA**

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BOTH THESE QUALIA are MERGED and reflect to "**AWARENESS"**.

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Thus, BEINGS not knowing that each QUALIA is a separate QUALIA, sees or experiences the GROSS MERGED QUALIA and thus, feels the misery in a gross form.

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Monks, the QUALIA are experienced as GROSS, and thereby, the BEINGS get confused and are afflicted by them. For example "QUALIA of PAIN" and "QUALIA OF Existence of Body part" merge to form an illusion of PAIN appearing on body part, and thus, BEINGS are afflicted by a combination of 2 QUALIA, not knowing that each is a separate qualia. If the BEINGS learn to see/break down QUALIA into the several different qualia and learn to observe EACH QUALIA separately, then the BEINGS would have learned to observe the QUALIA correctly, thereby minimizing the misery that is caused on account of seeing several qualia as the bundle of one GROSS QUALIA.

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Monks, therefore I urge you to observe/break down the QUALIA, seeing "experience of the feeling of sensation" as ONE QUALIA, "experience of the feeling of, the existence of sensation afflicted BODY PART' as another QUALIA.

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This very existence as a whole is nothing but a QUALIA.

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5-ELEMENTS of AWARENESS (EXPANDED 12 dependent links)- Aug-10-2024

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5 elements of Self (Earth, fire, air, water, space)
5 elements of NON-Self (Form, Feelings, Perception, Volitional acts, Consciousness)
5-ELEMENTS of AWARENESS - (Cognized Consciousness, ARISING, CONTACT, QUALIA, AWARENESS)
*/
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Monks;

SENSATIONS aka QUALIA (feeling of cold, wetness, pain, cut, itch) is an experience born from 'Cognized Consciousness' made available to the AWARENESS. The Sensations represent chemical work on the body, whereas QUALIA are NON-Self experiences born from SENSATIONS. Thus, CUT may exist as damage to the skin surface and QUALIA is actual experience of CUT being felt by the AWARENESS.

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AFTER the 12 dependent links are completed, the arisen conditioned existence aka 'Cognized Consciousness' must be made available to the AWARENESS which exists in infinite time and infinite space zone.
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Expanded DEPENDENT ORIGINATION aka (EXPANDED 12 dependent links) concerning the AWARENESS factor:-

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If there is "**Cognized Consciousness**" (Cognized 12 dependent links), there is further "**ARISING**" of 'Cognized Consciousness', if there

is **ARISING** of 'Cognized Consciousness', there is "**CONTACT**" of 'Cognized Consciousness' with the BRAIN [BRAIN is a BROKER between MIND and AWARENESS], "**QUALIA**" is now COGNIZED from 'Cognized Consciousness', 'Cognized **QUALIA**' is then made available to the "**AWARENESS**"
.
Cognized Consciousness (Cognized at the original 12 dependent links)
ARISING (Cognized Consciousness must be made available to the AWARENESS by further ARISING)
CONTACT (Cognized Consciousness Makes CONTACT with the BRAIN)
QUALIA (QUALIA is Cognized at the infinite time and space zone aka AWARENESS level),
AWARENESS (QUALIA made available to the AWARENESS)
.
5-ELEMENTS of AWARENESS - (Cognized Consciousness, ARISING, CONTACT, QUALIA, AWARENESS)

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How to observe QUALIA/Observing QUALIA (Mental Contents-Mind, Sensations-Body) - Aug-11-2024

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NOTE: Objective observation is NOT applicable to Self_Body Part Damage that causes UNLIMITED SENSATIONS/QUALIA. In such cases deflecting the AWARENESS to CHANT WORDS seems better option, so that AWARENESS is always parked at neutral or blissful consciousness in the form of CHANT WORDS (HAre Krishna MANTRA most times)

Monks;

/* **Aug-15-2024 START**

This is how the observation of GROSS PAIN/Dissolution of Gross Pain works: -

.
As already Informed earlier there are 2 or multiple QUALIA'S that MERGE together to give the illusion of GROSS PAIN affecting the body part. 1'st QUALIA- establishes the Existence of the afflicted body part location, and 2'nd QUALIA- non-self GROSS PAIN that has gripped the afflicted body part location.
.
When inflicted by GROSS PAIN, You would FIRST look at the AFFLICTED

body part location as a Self_detached_existence_QUALIA for a second, and immediately you would then start to observe Non_Self_PAIN_QUALIA that has gripped the body part location as another DETACHED non-Self_existence. As you start to observe the non-self-pain-qualia as a detached existence away from the affected body part as a separate existence, the non-self-qualia being empty, without any substance STARTS to dissolve or disintegrate as soon as objective observation is applied to it. */ **Aug-15-2024 END**

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Long back (at least a few years earlier), I was able to TRANSCEND mental contents (anxiety, fear, panic, anger, depression, etc) simply by being alert to their arising and observing them with equanimity and objective observation techniques.

But, It was SENSATIONS (Cut, itch, pain, and so on) that arise on the BODY, that has taken a few years to understand, how to observe them. The primary reason for the difference between the MENTAL CONTENTS and BODY SENSATIONS was that, while the mental contents (anxiety, fear, panic, anger, depression, etc) would fade away simply by observing them objectively being alert to their arising, the BODY SENSATIONS on account of affliction on material-form_BODY were NOT EASY to observe.

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But now, after understanding that, '**Mental Contents**' or '**BODY SENSATIONS** or '**the EXISTENCE of body part**' being projected to the AWARENESS are nothing but a QUALIA and all QUALIA are NON-Self, EMPTY, simply an appearance to awareness, like smokescreen having no real substance, and hence observing QUALIA and QUALIA within the QUALIA, ignoring the body part that is afflicted, causes them to fade away just like metal contents fade away upon observing them with equanimity exactly at their arising.

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The MAYA/Illusion was playing the TRICK by combining QUALIA of Body sensations and mental contents along with the QUALIA of the afflicted body part, and hence, BEINGS were seeing these QUALIA as GROSS qualia along with the afflicted body part, and that was the reason the QUALIA would not FADE AWAY as **we were making the mistake of combining Non-Self (Qualia) with Self (gross material-form aka affected body part) QUALIA.**

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When we observe NON-SELF phenomena or experiences aka QUALIA with objective observation and equanimity, exactly at their arising, they simply fade away. The same is not applicable to the GROSS material-form, you can not wish away the material-form by objective observation.

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Therefore, Monks, WE MUST learn to observe QUALIA that are non-self ignoring the material-form aka the body, during the observation to fade away the arisen qualia that are causing us misery due to cuts, itch, pain, etc. Thus, when we observe the '**PAIN QUALIA'**, we must ignore the pain sensation affected body part during the observation, and we shall simply concentrate on observing the PAIN QUALIA DETACHED from the body part. The same technique applies to all the other QUALIA. We must not be tricked by observing the body part along with qualia as that is the wrong method to observe the QUALIA. ALL QUALIA'S must be observed detached from the body part (no need to observe affected body part during the qualia observation).

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Also in the case where a damaged or afflicted body part is emitting MULTIPLE sensations thereby projecting multiple QUALIA'S, in that case, we shall use the mind's eye to attend to qualia that have taken primary attention by the inner vision, and then jump to observe the NEXT QUALIA as directed by the mind's eyes, attending to one qualia at a time as directed by the inner vision or mind's eye. This is just like the example, where we observe the bubbles in boiling water, where the mind's eye attends to one jumping bubble at a time before moving to the next jumping bubble in boiling water.

Eventually, one must learn/TRAIN themselves, to 'LET GO' all the QUALIA with the knowledge that these are just MATERAIL_NARURE and I as a WITNESS_FORM/AWARENESS/SOUL, shall NOT identify with what is just a MATERIAL_NATURE born out of sense media of material form, and with this knowledge one TRAINS themselves to 'let go' of all the QUALIA immediately upon their arising, so as NOT to GET burned by them when trying to engage with them. QUALIA'S may be observed for a while with objective observation and equanimity when they are being constructed newly in the present moment but eventually, they must be Let go.

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Thus, this is the DIRECT PATH, we transcend both the MIND and MATTER concerning the misery, by observing QUALIA detached from the body part,

exactly at their arising, to make them fade away, and learning to observe QUALIA within the QUALIA this way, we can alleviate/subdue the misery being projected to the AWARENESS.

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PS:
/* **Aug-15-2024 START**

This is how the observation of GROSS PAIN/Dissolution of Gross Pain works: -

.
As already Informed earlier there are 2 or multiple QUALIA'S that MERGE together to give the illusion of GROSS PAIN affecting the body part. 1'st QUALIA- establishes the Existence of the afflicted body part location, and 2'nd QUALIA- non-self GROSS PAIN that has gripped the afflicted body part location.
.
When inflicted by GROSS PAIN, You would FIRST look at the AFFLICTED body part location as a Self_detached_existence_QUALIA for a second, and immediately you would then start to observe Non_Self_PAIN_QUALIA that has gripped the body part location as another DETACHED non-Self_existence. As you start to observe the non-self-pain-qualia as a detached existence away from the affected body part as a separate existence, the non-self-qualia being empty, without any substance STARTS to dissolve or disintegrate as soon as objective observation is applied to it.
*/ **Aug-15-2024 END**

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Resolution of TINNITUS as a QUALIA- Aug-14-2024

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Monks,

'Hearing of Tinnitus voice' and 'NOT hearing of Tinnitus voice' is a JOURNEY from being AWARE of Tinnitus voice to simply NOT being aware of the tinnitus voice. The journey FROM 'being aware of Tinnitus voice' to NOT BEING AWARE of tinnitus voice must be traveled by the SADHAK to alleviate misery coming out of tinnitus voice. TINNITUS VOICE FADES AWAY once no attention is given to it. **TINNITUS only exists if one forms ATTENTION TO IT.**

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Now, with the knowledge that we have gained about the QUALIA that emerges out of the 'Self aka physical Body' and QUALIA that emerges out of the non-self, aka FEELINGS, where both these QUALIA MERGE to form an illusion of Body part being inflicted with QUALIA. In fact, 'existence of afflicted body part' and 'tinnitus voice' are TWO-2 SEPARATE QUALIA.

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Thus, we have seen that, CUT may exist as damage to the skin surface and QUALIA is an ACTUAL experience of CUT being felt by the AWARENESS. Thus, Non_Self Tinnitus is a voice being felt coming from our Self_Physical_form aka afflicted body part Ear/TMJ in this case. In the same way, TINNITUS VOICE is understood as NON_Self and TMJ body part Area (Area-T) from where the tinnitus voices emerge is a Body part that is inflicted. Thus, in the case of TMJ Area-T Self aka Body part and Tinnitus Non-Self Voice MERGE together to form an illusion of TINNITUS voice along with inflicted body part.

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If we make the mistake of OBSERVING Non_Self tinnitus voice along with Body part inflicted (Ear as understood by the common man), then we will never come out of the tinnitus issue.

One must observe only the NON_Self part of affliction or feeling. The trick is to see/observe TINNITUS voice DETACHED from the afflicted body part (ear in this case). The law of nature is such that when one observes NON-Self QUALIA with objective observation and Equanimity, they fade away eventually. The afflicted body part (Self) must NOT be observed along with the non-self QUALIA.

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As is already mentioned in my previous blog post, we apply 2 steps to alleviate misery coming out of QUALIA. In the FIRST STEP, one observes NON-Self QUALIA with objective observation and Equanimity, and in the SECOND STEP one simply ignores or LET Go of 'any attention to the non-self QUALIA' with the knowledge that 'ALL QUALIA are simply a material nature born out of sense media of material form' and hence any attention or engagement shall be abandoned once objective observation and equanimity factors have been applied to them.

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Hence Monks, The person inflicted with TINNITUS must first learn to NOT observe the EAR (Self) ever, and instead shall only observe HOLISTICALLY

Non-Self Tinnitus voice DETACHED from Ears/TMJ/Area-T, and once HOLISTIC objective observation and equanimity factors have been applied to TINNITUS VOICE for a certain duration then the person shall move to the second step to AVOID any attention to the tinnitus voice, or, all engagement with respects to tinnitus voice shall be abandoned once HOLISTIC objective observation and equanimity factors have been applied to them in the previous first step.

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The journey FROM 'being aware of Tinnitus voice' to "NOT BEING AWARE of tinnitus voice", must be traveled by the SADHAK to alleviate misery coming out of tinnitus voice. TINNITUS VOICE FADES AWAY once no attention is given to it. TINNITUS only exists if one forms ATTENTION TO IT.

PS:

Maintaining 24/7, Attention to the upper lip (Philtrum and surrounding portion, just below nostrils), through inner vision or the mind's eye, helps avoid attention to the tinnitus voice and hence helps alleviate or eventually subdue the tinnitus voice.

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(DISSOLVING/Disintegrating of GROSS PAIN through SUBTLE VIBRATIONS Meditation- Aug-14-2024

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Monks,

NOTE: ** we can take **Aug-29-2024 as the final method for meditating at philtrum followed by body scan for the purpose of dissolution of sensations ****

NOTE: Objective observation is NOT applicable to Self_Body Part Damage that causes UNLIMITED SENSATIONS/QUALIA. In such cases deflecting the AWARENESS to CHANT WORDS seems better option, so that AWARENESS is always parked at neutral or blissful consciousness in the form of CHANT WORDS (HAre Krishna MANTRA most times)

/* Aug-29-2024 START {This may be the final test phase before we confirm the method}

When meditating at PHILTRUM with the CLOSED EYES**, we must NEVER align ourselves with the breath pattern. Our job is to make sure, that, INNER VISION is SEATED firmly in an STILL/MOTIONLESS position at the PHILTRUM all the while during the meditation, just as, the butterfly sticks/binds its legs to the tree leave or branch and does not move or fall amidst heavy blow of winds,. DO NOT make the mistake of MOVING backward or forward along with the breath. ALWAYS, remain in a still/motionless position, ensuring that your inner vision or mind's eye sees nothing but the philtrum.**

** ANAPANA MEDITATION is **NOT** ABOUT BREATH OBSERVATION. The meditation is about seating your inner vision firmly without moving at the object of meditation selected (Location A - at the top of philtrum just below nostrils OR Location B-Nose doors or **Location C- the entire philtrum [preferred])**.

Example: Just as, the butterfly sticks/binds its legs to the tree leave or branch and does not move or fall amidst heavy blow of winds, in the same way monks, one shall park their inner vision at the philtrum during the meditation, or, in the other cases, one may have a bare minimum attention of the inner vision to the philtrum during the meditation. **

Once the vibrations are felt at the philtrum, one may switch to SWIFT/QUICK VIPASSANA BODY SCAN for at least 5-10 minutes, switching/alternating between meditating at PHILTRUM and BODY SCAN several times in one sitting. For example, once VIBRATIONS are noticed at the PHILTRUM, one performs BODY SCAN for the next 5-10 minutes, and then again performs Meditation at the PHILTRUM for the next 5-10 minutes and so on for several times in one sitting.

Thus, I, meditate on PHILTRUM for 5-10 minutes, immediately followed by Performing VIPASSANA BODY SCAN for 5-10 Minutes, and Repeat Meditating on PHILTRUM followed by BODY SCAN every 5-10 minutes, several times a day, spending 10-20 minutes every session.

During the mediation at PHILTRUM, one must let go of FORM (interaction with worldly objects), FEELINGS (SUBDUE 5-sense media, world of mind and matter) , PERCEPTIONS (No thoughts or analysis) and VOLITIONAL ACTS (No reaction aka no mental, verbal or physical actions). The meditation at philtrum must be done with the INTENT to shut down/subdue 5-SENSE MEDIA, focusing inner vision only at the philtrum and observing incidents happening at philtrum all the while during the meditation process.

** One shall SWITCH TO ANULOM VILOM PRANAYAMA/alternate nostril breathing mechanism, in the cases where breath pattern is affected due to any reason whatsoever, stopping the meditation for some time.

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The VIPASSANA BODY SCAN, if performed 6-10 times daily, 10-20 minutes each time at least for a week, then SENSATIONS start to arise as VIBRATIONS, one wakes up at night to find a RAPID FLOW of Vibrations across the body and this is the time SADHAK shall start to observe them holistically applying objective observation and equanimity factors for 10-20 minutes before letting them go, and every time such a flow is felt and the SADHAK wakes up from the sleep to find sensations activated as vibrations he starts to observe them holistically and with equanimity for at least 10-20 minutes before letting them go. . This way once, all the sensations are resolved, all the conditioned manifested phenomena stored as sensations are resolved too, along with other conditioned consciousnesses using the vipassana body scan method immediately followed by meditating at philtrum as mentioned above.

1- 5-10 minutes of meditating at Location-C- [at the philtrum]

2- 5-10 minutes of parking of inner vision HOLISTICALLY at the entire philtrum at the upper lip.

If the vibrations start to appear at the upper lips, you may move to perform a vipassana body scan, alternating between ANAPANA meditation at philtrum and BODY SCAN every 5-10 minutes.

MAINTAIN objective observation and EQUANIMITY throughout the meditation and when performing the body scan.

WARNING: ONE MUST NEVER CREATE PASSION or liking towards VIBRATIONS that appear at the philtrum. ONE must never expect or perform meditation at philtrum with the intent to get vibrations, or form liking towards the vibrations that appear during the meditation process. Let the vibrations appear, and one must ignore them, and only to take that as indication to move to body scan process or apply HOLISTIC objective observation and equanimity factors when the flow of vibrations appear in entire body after several repetition of meditation and body scans.

***/ Aug-29-2024 END**

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//* Aug-21-2024 START {MEDITATING at PHILTRUM before body SCAN}

When meditating on PHILTRUM with CLOSED EYES using the inner vision or mind's eye, ALL I See, or Feel, is nothing but the PHILTRUM or incidents happening on PHILTRUM. I ignore everything else. I ignore breath, I Ignore Body, form, Feelings, Perceptions and Reactions, and WORLDLY INTERACTIONS when meditating at the PHILTRUM.

I, cease to be the BODY and nothing but the PHILTRUM as a new AVATAR, during the meditation on PHILTRUM. I, ensure that my inner vision remains FIRMLY SEATED at the PHILTRUM during meditation. The meditation at PHILTRUM is all about remaining FIRMLY SEATED at the object of meditation [i,e. PHILTRUM, just below the nostrils at upper lips, in this case] throughout, and my inner vision or mind's eye SEES nothing but the philtrum, feels nothing but the philtrum all the time during the mediation.

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Thus, I, meditate on PHILTRUM for 5-10 minutes, immediately followed by Performing VIPASSANA BODY SCAN for 5-10 Minutes, and Repeat Meditating on PHILTRUM followed by BODY SCAN every 5-10 minutes, several times a day, spending 10-20 minutes every session.

***/ Aug-21-2024 END {MEDITATING at PHILTRUM before body SCAN}**

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* **Aug-15-2024 START**

This is how the observation of GROSS PAIN/Dissolution of Gross Pain works: -

.
As already Informed earlier there are 2 or multiple QUALIA'S that MERGE together to give the illusion of GROSS PAIN affecting the body part. 1'st QUALIA- establishes the Existence of the afflicted body part location, and 2'nd QUALIA- non-self GROSS PAIN that has gripped the afflicted body part location.
.
When inflicted by GROSS PAIN, You would FIRST look at the AFFLICTED body part location as a Self_detached_existence_QUALIA for a second, and immediately you would then start to observe Non_Self_PAIN_QUALIA that has gripped the body part location as another DETACHED non-Self_existence. As you start to observe the non-self-pain-qualia as a

detached existence away from the affected body part as a separate existence, the non-self-qualia being empty, without any substance STARTS to dissolve or disintegrate as soon as objective observation is applied to it. */ **Aug-15-2024 END**

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NOTE: I FORGOT TO MENTION, that the 'SUBTLE VIBRATIONS Meditation using ANAPANA meditation' works on 'the Self' aka PHYSICAL BODY BIO-CHEMICAL WORK AKA BODY_SENSATIONS, and once subtle vibration body scan is applied to the afflicted body part emitting the gross sensations, it helps dissolve/disintegrate the sensations into vibrations, and help alleviate the misery that is caused on account of non-self QUALIA being experienced on account of these bio-chemical sensations at the afflicted body part locations. Here, one applies objective observation to the afflicted body part sensations and NOT to the non_self QUALIA, immediately after vibrations appear at the upper lip, and that helps dissolve the body sensations stored as bio-chemical work at the afflicted body part location.

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NOTE: VIPASSANA body scan and subtle vibrations observation is TAUGHT IN VIPASSANA 10-day course. Please use the help of TEACHER to learn this first.

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ANAPANA MEDITATION is NOT ABOUT BREATH OBSERVATION. The meditation is about seating your inner vision firmly without moving at the object of meditation selected (Location A - at the top of philtrum just below nostrils OR Location B-Nose doors or Location C- the entire philtrum including surrounding portion aka whole of upper lip). To keep the inner vision firmly seated, when it tries to move elsewhere, one may observe nostril borders when meditating at location-B or the entire philtrum when meditating at location-A, and for any incidents happening at the object of meditation, one must maintain absolute equanimity and objective observation throughout.

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NOTE: One must NEVER ALIGN their meditation along with breath Inhale and Exhale, the 'firm focus of inner vision' shall be to remain seated at the object of meditation while the Inhale exhale is happening in the background without paying any attention to the

breath mechanism. DO NOT give attention to the breath mechanism or inhale or exhale.

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Learning VIPASSANA body scan with SUBTLE OBSERVATION seems very important, as this process can DISSOLVE the GROSS SENSATIONS immediately upon their arising, thus causing minimal misery.

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STEPS as understood by me:

MEDIATE at Location-C aka upper lip, for several minutes, Keep the inner vision firmly seated at location-C [the entire philtrum including the surrounding portion aka the whole of the upper lip]

After meditating at Location-C for around 10-20 minutes, relax, and seat your inner vision at the entire philtrum area just below the nostrils and you may notice vibrations appearing after some time. If vibrations do not appear, then go back to meditate at Location-C again for another 10 minutes or so. Once the vibrations start at the upper lips or at the philtrum, you may move to perform a vipassana body scan, alternating between ANAPANA Meditation at Location-C and BODY SCAN every 5-10 minutes.

Once the vibrations at the upper lips or on the philtrum have started, immediately move to LOCK THE afflicted body portion emitting gross pain with the mind's eye, and continue to SCAN it for a while with CLOSED EYES. Continue to switch between performing meditation at Location-C till vibrations appear and then again performing the mind's SCAN at the afflicted body part emitting the gross pain several times.

In summary, perform meditation at the upper lips Location-A and C till the vibrations are felt at the upper lips or philtrum and once vibrations start at the upper lips, immediately move to apply mind's eye scan to the afflicted body portion emitting the PAIN with CLOSED EYES, for a while before moving back to the mediation at Location C and back to scan the affliction body portion for several times.

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NOTE: One MUST MEDITATE daily to keep the upper lip area activated for vibrations to help disintegrate gross pain when there is a need to use it.

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Possible ANAPANA Steps:

1- 5-10 minutes of meditating at location-A or Location-C- [top of the philtrum just below the nostril aka Location-A]

2- 5-10 minutes of parking of inner vision HOLISTICALLY at the entire philtrum or upper lip.

If the vibrations start to appear at the upper lips, you may move to perform a vipassana body scan, alternating between ANAPANA and BODY SCAN every 5-10 minutes.

MAINTAIN objective observation and EQUANIMITY throughout the meditation and when performing the body scan.

.

NOTE: Objective observation is NOT applicable to Self_Body Part Damage that causes UNLIMITED SENSATIONS/QUALIA. In such cases deflecting the AWARENESS to CHANT WORDS seems better option, so that AWARENESS is always parked at neutral or blissful consciousness in the form of CHANT WORDS (HAre Krishna MANTRA most times)

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PS: When tired of meditating at Location-A, then simply park your inner vision at the "whole area of the philtrum or entire upper lip", continue to park your inner vision HOLISTICALLY on the whole area of philtrum before switching again to meditating on location-A or Location-C with closed eyes.

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How the Mental_Contents_QUALIA and Body_Sensations_QUALIA are TRANSCENDED- Aug-13-2024
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NOTE: Objective observation is NOT applicable to Self_Body Part Damage that causes UNLIMITED SENSATIONS/QUALIA. In such cases deflecting the AWARENESS to CHANT WORDS seems better option, so that AWARENESS is always parked at neutral or blissful consciousness in the form of CHANT WORDS (HAre Krishna MANTRA most times)

Monks,

.
SENSATIONS aka QUALIA (feeling of cold, wetness, pain, cut, itch) is an experience born from 'Cognized Consciousness' made available to the AWARENESS. The Sensations represent BIO-chemical work on the body, whereas QUALIA are NON-Self experiences born from SENSATIONS.

Thus, CUT may exist as damage to the skin surface and QUALIA is an ACTUAL experience of CUT being felt by the AWARENESS.

.
In both cases of MENTAL CONTENTS (Anxiety, fear, panic, anger, depression) and BODY_SENSATIONS (feeling of warm, cold, cut, itch, pain), the QUALIA are transcended in 2 steps:-

(Step-1 of qualia observation)
In the first step SADHAK, through inner vision or mind's eye, must make an effort to observe the QUALIA immediately upon their arising, seeing them as detached entities, non-self, empty and void. The SADHAK shall make an effort to catch the arisen QUALIA during their exact arising (as soon as they occur or are felt) and maintain objective observation and equanimity when observing them for a while before letting them go. All the QUALIA are non-self, and they fade away when objective observation is applied to them.
.
In the case where the SADHAK was NOT ALERT ENOUGH to catch the arisen QUALIA during its exact arising and thus was ignorant to engage with them, got burned by them, and created sensations of fear, anger, panic, etc on the body parts, then one shall immediately observe the "CONTACT OF QUALIA, HOLISTICALLY, at all the places of the body it affected/made contact with". For example, when watching a HORROR movie, if the body sensations of CHILLS arising at different parts of the body are noticed, then one immediately observes, HOLISTICALLY, EVERY CONTACT location of body part, where the FEAR QUALIA affected or made an impact, maintaining objective observation all the time.
.
In the case of BODY_SENSATIONS, the QUALIA born out of body sensations, appear to merge with the affected body portion, so as to create the ILLUSION of a GROSS QUALIA [combination of '**Self**'-afflicted_BodyPart and '**Non_Self**'_Arisen Qualia], to make one feel the affliction on the body part. If the SADHAK is aware of this illusion, he continues to see/observe the QUALIA born out of body sensations as a SEPARATE QUALIA, as detached entities, away from the body part affected and thus, seeing them this way, is able to fade them away by objective observation and equanimity. The afflicted Body part observation is ignored,

and only the non-self QUALIA'S are observed in the case of body sensations.
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(Step-2 of qualia observation)
In the second step [usually after a few weeks of direct objective observation of QUALIA'S], a SADHAK is now accustomed to the objective observation of mental contents and body sensations, seeing them as detached non-self entities and catching them at their exact arising, is now proficient enough to LET THEM GO immediately upon their arising, as merely a MATERIAL NATURE born out of SENSE MEDIA.

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The SADHAK knows that there is NO POINT ENGAGING with what is merely a non-self, a smoke screen appearance, empty and void without any substance whatsoever. The futility of engaging with QUALIA is well understood by the EXPERIENCED SADHAK, and he DWELLS UNRESTRICTED NOT-AFFECTED by the appearance of the QUALIA'S, and is thus free from the ASSAULT of mental contents and body sensations, with the knowledge that these QUALIA are non-self, empty and fade away upon objective observations.
Thus in the 2nd step of QUALIA observation, a SADHA simply LET'S GO any engagement with them.
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Eventually, one must learn/TRAIN themselves, to 'LET GO' all the QUALIA with the knowledge that these are just MATERAIL_NARURE and I as a WITNESS_FORM/AWARENESS/SOUL, shall NOT identify with what is just a MATERIAL_NATURE born out of sense media of material form, and with this knowledge one TRAINS themselves to 'let go' of all the QUALIA immediately upon their arising, so as NOT to GET burned by them when trying to engage with them. QUALIA'S may be observed for a while with objective observation and equanimity when they are being constructed newly in the present moment but eventually, they must be Let go.

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HAVING TRANSCENDED QUALIA in 2 steps, a SADHAK DWELLS UNRESTRICTED, free from the assault of miseries which are nothing but a world of mind and matter, SIMPLY an experience of QUALIA as is being experienced by the WITNESS_FORM aka the SOUL aka the AWARENESS.

.After understanding that, '

Mental Contents' or '

BODY SENSATIONS or '

the EXISTENCE of body part' being projected to the AWARENESS are nothing but a QUALIA and all QUALIA are NON-Self, EMPTY, simply an appearance to awareness, like a smokescreen having no real substance, and hence observing QUALIA and QUALIA within the QUALIA, ignoring the body part that is afflicted, causes them to fade away just like metal contents fade away upon observing them with equanimity exactly at their arising.

.
Monks, WITNESS_FORM aka the SOUL aka the AWARENESS is the DOER, is the OBSERVER, is the one EXPERIENCING mind-body phenomenon, is the one experiencing the MATERIAL_WORLD through sense-media of material-form aka the body it has acquired and all the EXPERIENCE is NOTHING BUA QUALIA as projected to the AWARENESS or the WITNESS_FORM or the SOUL.

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I want the SPIRITUAL SCIENCE WORK to be owned/published by Spiritual Organization- Aug-10-2024

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While, I am of the opinion, that, SPIRITUAL SCIENCE WORK shall be made available to all, freely, and it does not matter in what form or whichever way it gets propagated or is made available to all.
.
However, I am glad that many are writing books and publishing them based on the "SPIRITUAL SCIENCE WORK " that has been put on the internet in free form [PDF and WordPress Files) after the several years of research that has gone into making it purely based on Self Enquiry and Self Realization (yes, some of it is based on inferences/logic too), and in doing so I have suffered defilements and life-threatening episodes, nevertheless, I request that the ORIGINAL WORK SHALL NOT GO UN-NOTICED.
.
I, therefore, request the Spiritual Organization or any other eminent organizations to come forward and take OWNERSHIP of the original work that is being put by myself freely so that it can benefit one and all, either towards their journey of Self Realization or towards decoding of CONSCIOUSNESS related scientific work. I intend to keep the original work made available at spiritual organizations, as although the same is being published by many others in their own formats, nevertheless, no one can put forward the explanation as has been done in the TEXT that I keep

writing as and when Self Realization happens on a specific topic.
.
Although this is an ongoing work and will continue to progress for several years to come, but can be divided into several volumes and made available to those who want to benefit from it.
I DO NOT EXPECT ANYTHING, I just want some good organization to come forward and take ownership and publish this work of mine without any costs to me.
.

PDF File (Can be downloaded):

https://ia802706.us.archive.org/16/items/vipassana-spiritual-sceince-aug-5-2023/Spiritual_Science_Vipassana_08Aug2024_PracticeGuide_PDF.pdf

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#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia #phenomenon #insightmeditation #BodyScanOnSensationsTopHeadToBottomFeet #KRISHNAconsciousness #PathToSelfRealization #SELFREALIZATION

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RESOLVING EPILEPSY - EPILEPSY_Consciousness Resolution - Aug-22-2024
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5 elements of Self (Earth, fire, air, water, space)
5 elements of NON-Self (Form, Feelings, Perception, Volitional acts, Consciousness)
5-ELEMENTS of AWARENESS - (Cognized Consciousness, ARISING, CONTACT, QUALIA, AWARENESS)
*/
.
NOTE: We will investigate, why AWARENESS is not able to detect episodes of EPILEPSY and how the EPILEPSY_Consciousness is created.

Monks, There are times when the cause of a specific misery is NOT KNOWN and that is why we must understand the "mechanism of manifestation of a MISERY". A MISERY is constituted via 12 dependent links as explained in BUDDHA's VIPASSANA teachings, where a CONDITIONED Consciousness manifests due to a cause and effect principle of 12 dependent links steps.

.
Now Monks, "MIND is nothing but an AGGREGATE of Consciousnesses", and whatever happens in MIND creates SENSATIONS aka BIO-CHEMICAL WORK at specific locations of the body, where this MISERY establishes its mark during its invocation. For example, when the FEAR STRIKES, CHILLS are felt at several places across the spine, legs, and stomach, and these are the places where bio-chemical work aka SENSATIONS have been created on account of assault of the activated misery aka FEAR in this case.
.
Thus, Monks, in the case of **EPILEPSY**,
the **EPILEPSY_Consciousness** created on account of electrical discharge in the BRAIN, creates SENSATIONS across the body, thereby indicating the BIRTH of EPILEPSY_Consciousness, and, unlike the FEAR, where the formation of CHILLS indicates the places of the body where the FEAR_SENSATIONS were created on account of FEAR_Consciousness, there is NO MECHANISM or INDICATION to understand which all places the EPILESPY_SENSATIONS were created on account of EPILEPSY.
.
Thus, EPILEPSY_Consciousness that is now part of the MIND (Mind is aggregate of all the Consciousnesses) and Monks, we know that SENSATIONS overlap MIND and MATTER aka the body, and the RESOLUTION OF SENSATIONS is the resolution of the MIND aka any conditioned Consciousnesses can be resolved when they are observed by applying objective observation and equanimity factors.
========
And MONKS, WHY THE PATIENT OF EPILEPSY is NOT AWARE of the episodes of epilepsy?

Because, the BRAIN is the BROKER between MIND and AWARENESS, and once any EPILEPSY_Consciousness is activated, it should be made available to the AWARENESS via the BRAIN, but since, the BRAIN itself is affected and is the cause of EPILEPSY_Consciousness, the further path to reflect the EPILEPSY_Consciousness_QUALIA to the AWARENESS is BROKEN. THE EPILEPSY_Consciousness QUALIA that is FABRICATED only at the AWARENESS level is NOT made available to the patient due to the broken path made available via the BRAIN.
.
5-ELEMENTS of AWARENESS - (Cognized Consciousness, ARISING, CONTACT, QUALIA, AWARENESS)

.
As you can see, COGNISED_EPILEPSY_Consciousness ARISES, and makes CONTACT with the BRAIN, where the QUALIA is processed, to be made available to the AWARENESS and since the COGNISED_EPILEPSY_Consciousness although arises, TRIES to make CONTACT with the BRAIN and fails because of the broken BRAIN condition

(electrical discharge) that prevents the BRAIN from completing the AWARENESS path as described in 5-ELEMENTS of AWARENESS.
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So monks, with the information available above how do we resolve the CONDITIONED EPILEPSY_Consciousness that is only available as bio-chemical work aka SENSATIONS at respective body locations?
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THE SENSATIONS when they arise, are nothing but VIBRATIONS during their initial arising, only at the AWARENESS level they are processed as QUALIA or first-person experience as we call it. We can activate these sensations by performing a vipassana body scan several times each day, for 10-20 minutes in one sitting. The SENSATIONS arise from time to time, and as one learns to observe them with equanimity, they are released, but for this, one must wait for them to arise as per the law of nature, so that SADHAK can observe them objectively and resolve them upon their next arising.

.
But there are cases like EPILEPSY_Consciousness, where SENSATIONS ARISING is not known, and hence how do we resolve these?

The VIPASSANA BODY SCAN, if performed 6-10 times daily, 10-20 minutes each time at least for a week, then SENSATIONS start to arise as VIBRATIONS, one wakes up at night to find a RAPID FLOW of Vibrations across the body and this is the time SADHAK shall start to observe them holistically applying objective observation and equanimity factors for 10-20 minutes before letting them go, and every time such a flow is felt and the SADHAK wakes up from the sleep to find sensations activated as vibrations he starts to observe them holistically and with equanimity for at least 10-20 minutes before letting them go.
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This way once, all the sensations are resolved, all the conditioned manifested phenomena stored as sensations are resolved too, and one of them would be EPILEPSY_Consciousness which is also resolved along with other conditioned consciousnesses using the vipassana body scan method.

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ESTABLISHING AWARENESS/existence model/SOUl as EXTERNAL AGENCY via the example of EPILEPSY- Aug-26-2024

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This BODY is nothing but a highly skilled Artificial Intelligence DEVICE and is a ZOMBIE when it loses connection with the SOUL aka our existence model that sits in infinite time and space REALM

Monks

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□□□□□/CHETNA = AWARENESS aka DASHBOARD aka the bundle of elements that constitute SOUL.

□□□□□/PURUSH = portion of □□□□□□/BRAHMA aka the EXISTENCE model (Inner vision, WISDOM with GUNA's, Witness_consciousnesses and EGO) aka mann, buddhi, chitta, ahankara aka □□ □□□□□□ □□□□□ □□□□□□ are the elements of the SOUL aka portions of BRAHMA aka □□□□□/Purush. Monks, portion of BRAHMA aka PURUSH is the SOUL aka □□□□□/Aatma □□/is also □□□□□/purush □□ □□□ □□□□ □□.

BUDDHA has already informed us that 'WHATEVER happens in MIND has corresponding SENSATION aka chemical work' on the body, thus SENSATIONS overlap the FIELD of MIND and MATTER (BODY). In our journey towards self-realization, we have already DISCOVERED that consciousness overlaps the field of MIND and AWARENESS and that the BRAIN acts as a BROKER between the MIND and the AWARENESS model of existence. Thus, the BRAIN works in time and space zones when the 5-sense media are ACTIVE or STRONGER, and the same BRAIN works in INFINITE time and INFINITE space zones when the 5-sense media are SUBDUED or MELLOWED DOWN.

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Also Monks,

This BODY is nothing but a highly skilled Artificial Intelligence DEVICE. It is a ZOMBIE when it loses connection with the SOUL aka our existence model that sits in infinite time and space REALM. The BRAIN is the organ that CONNECTS material-form aka the BODY with the SOUL aka AWARENESS aka the AWARENESS model.

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5 elements of Self (Earth, fire, air, water, space) [MAterial-form aka BODY aka MATERIAL_Consciousnesses - Location: MAterial-World- TIME and SPACE specific)

5 elements of NON-Self (Form, Feelings, Perception, Volitional acts, Consciousness) [SUBTLE BODY aka SHADOW aka accumulated EGO_Consciousnesses, Location: INFINITE TIME and SPACE realm, but acts under the constraint of time and space when sense media are active}

5-ELEMENTS of AWARENESS - (Cognized Consciousness, ARISING, CONTACT, QUALIA, AWARENESS) [Soul aka existence model, Location: INFINITE TIME and SPACE realm}

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The Venerable BUDDHA discovered that All accumulated EGO_Cosnciousnessses aka MIND have a corresponding presence as Sensations aka Bio-Chemical work at the Material-Form aka the Body.

NOTE: I suppose, that SCIENTISTS have already established "MICROTUBULES [Microtubules]" as the location where these bio-chemical works aka Sensations are being established.

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Body Sensations aka BIO Chemical work OVERLAP MIND [accumulated EGo_Consciousnesses]- and MATTER (Body aka MATERIAL_Consciousnesses), and once Sensations are Resolved, the corresponding MIND aka ego_Consciousnesses are also resolved. Thus, FEAR appearing as CHILLS across the body locations are RESOLVED by objective observation of FEAR Body Sensations, when a Monk observes the FEAR appearing as CHILLS across body locations in material_World, with objective observation, the Fear_Consciousnesses (Specific ego-consciousness) that sits at infinite time and space zone are also resolved. Thus, for every EGO_Consciousnesses accumulated, there are corresponding bio-sensations established within body parts.

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Similarly, CONSCIOUSNESSES overlaps the FIELD of MIND (Accumulated Ego_COSNCIOUSNESSES) and AWARENESS aka the existence model that sits in infinite time and space zones. All cognized CONSCIOUSNESSES must be made available to the AWARENESS via the BRAIN and for that NEURONS must be studied well to understand, HOW the external agency connected to the ACQUIRED BODY is able to LINK information coming from NEURONS and is able to map them or cognize them, to the EGO-COSNCIOUSNESSES and WITNESS-COSNCIOUSNESSES.

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EPILEPSY EXAMPLE:
Monks, It is normal to have little or no memory of events that happened during the seizure [EPILESPSY], and this is because the BRAIN is not able to share the body sensations accumulated on account of seizure/EPILEPSY across to the AWARENESS, since, the BRAIN LINK is broken for that duration of time.

In a normal course, you have EGO_COSNCIOUSNESSES with corresponding bio-sensations as the LINK, that establishes the link between the mind and the matter. But, in the case of EPILEPSY_EGO_COSNCIOUSNESSES, ALTHOUGH the bio-sensation link exists, there is NO LINK available at the AWARENESS MODEL, and that is why, when the epilepsy-bio-sensations ARISE, they find no record of AWARENESS, and are thus NOT projected or made available as KNOWLEDGE to the material-form aka this BODY.

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As per the law of nature, these bio-sensations of epilepsy shall arise, persist for a while, and cease but due to the broken link with awareness, these are not projected or made known to the patient. WE SHALL make an effort to RESOLVE these broken bio-sensations via SUBTLE observation at PHILTRUM followed by the VIPASSANA BODY SCAN method.

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CONCLUSION:
Monks, the FACT that EPILEPSY_COSNCIOUSNESSES is not made available to the AWARENESS during the SEIZURE cycle initiated at the body, WE CAN SAY that "This body is nothing but a ZOMBIE when the CONTACT with the AWARENESS model that DRIVES it, is LOST due to the malfunctioning of the BRAIN.

This also ESTABLISHES, That, the AWARENESS model is a separate AGENCY that sits in infinite time and space REALM and is established by the example of EPILEPSY/SEIZURE, where this body although is experiencing the SEIZURE, is NOT AWARE of the symptoms due to BROKEN LINK with AWARENESS existence model, due to malfunction of the BRAIN which acts as the BROKER between MAterial_WORLD_REALM and INFINITE time and SPaCE_REALM.

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MENTAL CONTENTS resolution-Air Hunger/OCD/Emotional State HIJACKING/cascading of mental states/Tightness in the chest - Aug-31-2024

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Monks,

This is in response to the video I watched today. It is apparent that despite so much information I have shared on CONSCIOUSNESS manifestation processes and their resolution, the readers have NOT yet understood this or they have NOT taken the TEXT seriously yet. The MIND is still accustomed to "scientific processes", whereas the MIND must NOW be trained to find the solution through CONSCIOUSNESS behavior patterns, manifestation, and resolutions by learning to change/manage the cognitive processes.

Whether one develops a "**sensation of ANGER"** with "person A or person B or person C or SITUATION D", **although the persons or situations may vary, the SENSATION of ANGER remains the same/CONSTANT across all such situations or personalities, hence IS NOT it sensible to deal with ONE COMMON SENSATION than the various people or situations?** Once the SENSATIONS are resolved, all the affected situations and people are resolved too.

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The creativity feature of the BRAIN to create VIVID ever-changing hallucinations is the primary reason a patient is kept confused, as, by the time anxiety is resolved, fear strikes, and once the fear is resolved, panic comes in, and so on and the cycle never ends.

The TRICK/final resolution is to observe every mental content as soon as it arises exactly during its arising maintaining objective detached observation and equanimity. Observing sensations in sensations, mental contents in mental contents must be practiced for a while to resolve the mental states for good within just a few days.

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https://youtu.be/Ejk6-HjmaQY?si=SQErUSyKAawDuTGy

SUBJECT: In response to "Conversation 1 with Alex Schmidt and Alexey Tolchinsky"

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NOTE: **Cognitive disorders can only be resolved by cognitive corrections.** THOUGHTS is the place where the mental contents are born and the one who learns to remain in PRESENT MOMENT is free from the

assault of mental contents. When I heard this conversation, it became very clear to me that learning of "HOW the CONSCIOUSNESS is born is NOT yet understood by the panelists". The mental content issues can only be resolved through the understanding of the CONSCIOUSNESS manifestation process that occurs in all beings.

.

Let's take the case 1 by 1:-

The feeling of AIR HUNGER/Emotional State HIJACKING/cascading of mental states/Tightness in chest:

Monks, being the victim of all of these above in the PAST, and having resolved all of these from the ROOT, I can offer my tips yet again to help the panelists understand the mechanism and resolution of the same.

.

Now, ALL CREATIVE PEOPLE at one point in time or another, become victims of mental issues in their lifetime. This is MORE TRUE for all scientists, as having been in an environment where MIND/BRAIN is always at extensive logical work 24/7 when suddenly one day, they are told that they have crossed the age of 60 years and so they are no longer needed, they take forced retirement, NOT knowing that their BRAIN is used to extensive creative/logical work for so many years, and what happens when this BRAIN IS NOW MADE to SIT IDLE simply because you have crossed age of 60?

Now, I tell you this, all creative people who face forced retirement and who have not found any other alternative to keep them busy, THEIR BRAIN MAY start to create/hallucinate one or other events, and rightly so, as the BRAIN for all the years has been kept so much busy, that it does know how to sit IDLE and there you see the process of mental issues starting to develop.

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So now, let's come back to the original issues: Feeling of AIR HUNGER/Emotional State HIJACKING/cascading of mental states/Tightness in the chest:

As per the law of nature, The **"AWARENESS"** is accustomed to seeking one or other "**CONSCIOUSNESSES**", and that is why, when the mind is creating above mental states or feelings of "AIR HUNGER/Emotional State

HIJACKING/cascading of mental states/Tightness in the chest", one shall do the following:

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1. Usually patients are given clonazepam anxiety pills, at most 2 doses, to relax them for the initial period of 1-2 days

2. The patient must be asked to SHIFT AWARENESS to a mental state, that does not cause misery and for that, they must be taught to "**CHANT HARE KRISHNA MANTRA 24/7"**, making sure to park IDLE time on CHANT WORDS so that AWARENESS does not get chance to hallucinate.

========= **The feeling of Air Hunger:**

The feeling of Air Hunger: The BRAIN knows how to create one or other mental contents that are non-self, un-real, and simply a hallucination, but seeing them as real, the patient starts to wallow in them, react to what is simply an illusion created by the mind, and thus, aggravate the situation.

Resolution: Ask the patient to change the habit pattern from wallowing in mental content to instead START observing them without any reaction. As soon as the feeling of AIR HUNGER arises, the patient shall investigate as follows:

1. BUDDHA discovered that if one catches the impurity as soon as it arises and one starts to observe them detached with equanimity [no reaction whatsoever], the impurity gets dissolved immediately. Investigate the feeling of AIR HUNGER as; this feeling of AIR HUNGER is simply an illusion, empty and void without any substance, so let me first observe it DETACHED, seeing the feeling of AIR HUNGER as a separate entity and simultaneously observing holistically, all the PLACES on the body, where feeling of AIR HUNGER MADE CONTACT with. Observe all the CONTACT LOCATIONS affected by the feeling of AIR HUNGER holistically for 1-2 seconds, and with detached objective observation and with equanimity [no reaction to them].

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The other better option is to start the "HARE KRISHNA mantra chant" or simply CHANT "HARE KRISHNA" a few times, as soon as one starts to feel anxiety due to the "air hunger", starting to take his attention.

========= **Tightness in the chest:**

Tightness in the chest:

The tightness in the chest is the result of an extreme reaction to the anxiety situation where one felt AIR HUNGER or for any other reason and reacted with aversion. The tightness shall continue to persist as long as the anxiety situation aka continuous parking of AWARENESS on anxiety_CONSCIOUSNESS persists, and hence to deflect the AWARENESS away from the anxirty_CONSCIOUSNESS, one shall again learn to SHIFT the AWARENESS to CHANT_CONSCIOUSNESS aka CHANTING of HARE KRISHNA MANTRA 24/7, whenever free, or take clonazepam pills '**for a day or two as suggested by the doctor'**, at the same time learning to see these mental contents as just an illusion and observe them as mentioned above, and instead of wallowing in them the patients must be asked to observe them exactly upon their arising, maintaining equanimity and objective observation all the while and if the anxiety_CONSCIOUSNESS has already made an assault on the body, then HOLISTICALLY observe all the CONTACT locations this anxirty_CONSCIOUSNESS made impact/CONTACT, simply moving your inner vision from the top of head to bottom feet, without taking a PAUSE even for a second at any part of body location, but making sure to walk their inner vision over every incident that is happening across the body.

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The other better option is to start the "HARE KRISHNA mantra chant" 24/7, or simply CHANT "HARE KRISHNA" a few times, as soon as one starts to feel anxiety due to the "**Tightness in the chest**", starting to take his attention.

======== OCD:

OCD:

OCDs are best resolved by "performing exactly the opposite" of what it wants you to do, meaning "to NOT PERFORM the action the OCD wants you to". Just cancellation of a few OCD events shall STOP or subdue the OCD cycle. The patient must make an Oath/MENTAL RESOLUTION to never perform OCD action whenever it arises next and just a few cancellations of OCD events without reaction shall stop the OCD cycle for the good.

For example, if there is a URGE to wash hands frequently, simply STOP the REACTION during the next arising or URGE during the OCD cycle. The patient shall be asked to take an OATH to NOT perform OCD action when the URGE arises next time. Just a few cancellations of the OCD event will subdue/STOP the OCD cycle. Or, during the NEXT ARISING/URGE of the OCD cycle, the patient shall be asked to perform a body scan, by simply moving the inner vision/mind's eye from the top of the head to the bottom

feet, moving swiftly within seconds, without pausing at any body part even for a second, moving top to bottom few times and this shall STOP the urge.

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The other better option is to start the "HARE KRISHNA mantra chant" 24/7, or simply CHANT "HARE KRISHNA" a few times, as soon as one starts to feel anxiety due to the "**OCD**", starting to take his attention.

==== cascading of mental states:

cascading of mental states:

The mental states may change from one mental state to another, from fear to anxiety, anxiety to OCD, from OCD to panic, and so on. The BRAIN has gone on a hallucination drive and has become creative enough to create a roller coaster drive for the patient to make him confused and in disarray. This is what happens when one does NOT UNDERSTAND the power of BRAIN to create hallucinations from one mental state to another.

.

The creativity feature of the BRAIN to create VIVID ever-changing hallucinations is the primary reason a patient is kept confused, as, by the time anxiety is resolved, fear strikes, and once the fear is resolved, panic comes in, and so on. The TRICK/final resolution is to observe every mental content as soon as it arises exactly during its arising maintaining objective detached observation and equanimity. Observing sensations in sensations, mental contents in mental contents must be practiced for a while to resolve the mental states for good within just a few days.

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The patient must be informed that ALL MENTAL STATES are nothing but illusions, non-self, empty, and have no substance whatsoever and simply observing them detached and objectively and with equanimity (no reaction) during their exact arising, shall fade them away within seconds. The non-self mental contents are easily made to FADE AWAY simply by observing them during their exact arising moment.

For example;

If Fear arises, DO NOT start to wallow or react to the arisen FEAR, simply start to observe the FEAR, and note down what the FEAR looks like, if fear has made an impact on the body location, then simply make a NOTE OF ALL

THE CONTACT locations at body parts where the fear made contact. It shall fade away soon while you are observing it with equanimity.

If ANXIETY arises, DO NOT start to wallow or react to the arisen ANXIETY, simply start to observe the ANXIETY, and note down what the ANXIETY looks like, if fear has made an impact on the body location, then simply make a NOTE OF ALL THE CONTACT locations at body parts where the fear made contact. It shall fade away soon while you are observing it with equanimity.

and so on.....

LEARNING to CHANT HARE KRISHNA MANTRA several times a day to PARK the AWARENESS explicitly at the HARE KRISHNA mantra must be practiced by all those suffering from the MENTAL ISSUES. The other better option is to start the "HARE KRISHNA mantra chant" 24/7, or simply CHANT "HARE KRISHNA" a few times, as soon as one starts to feel anxiety due to the "**OCD**", starting to take his attention.

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Please go through the PDF downloadable file that has all the spiritual science decoded for more information.

A SUPPLEMENT GUIDE to VIPASSANA MEDITATION SUMMARISED: What you MUST know before you shall start VIPASSANA MEDITATION as taught by VENERABLE Shri S N Goenka Ji:
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PDF File (Can be downloaded):
https://ia802706.us.archive.org/16/items/vipassana-spiritual-sceince-aug-5-2023/Spiritual_Science_Vipassana_08Aug2024_PracticeGuide_PDF.pdf
.
WordPress File:
https://sunild1204.wordpress.com/2024/08/08/spiritual-science-decoded-self-enquiry-mechanism-vipassana-practice-guide-vipassana-techniques-krishna-consciousness-updated-08-aug-2024-sunil-dudia-whatsapp-919699272771/
.
PDF File (Can be downloaded):
https://ia802706.us.archive.org/16/items/vipassana-spiritual-sceince-aug-5-2023/Spiritual_Science_Vipassana_08Aug2024_PracticeGuide_PDF.pdf

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https://youtu.be/Ejk6-HjmaQY?si=SQErUSyKAawDuTGy

SUBJECT: In response to "Conversation 1 with Alex Schmidt and Alexey Tolchinsky"

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Ref: The Biological Field with Beverly Rubik [New Thinking Allowed with Jeffrey Mishlove] Sep-3-2024
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#VIPASSANA #buddha #SunilDudia #consciousness #sensations #anatta #soul #anitya #anicca #sunildudia #phenomenon #insightmeditation #BodyScanOnSensationsTopHeadToBottomFeet #KRISHNAconsciousness #PathToSelfRealization #SELFREALIZATION
.
I have been thinking along similar lines, for the past few months.

Investigation/ESTABLISHING of the "**Bio-Field (human energy) project"**, just like the **"Genome project"** must be started asap. I am sure we all have a UNIQUE BIO-Field or ELECTRO-MAGNETIC_FIELD in which we/our material-form-body operates until the death of the material-form-body.

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That means, We may have individual electromagnetic fields for each of our 3 bodies (Material-Form, Subtle form, and [existence-form aka the WITNESS_FORM aka AWARENESS model]), all linked to each other through some mechanism.

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Let's start with the investigation of material-form-BODY BIO-FIELD.

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https://youtu.be/zjRXEyc-_JM?si=wvW4LIcN6e_2Cp5J

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In Response to: Cancer Bio Electricity discussion - Sep-7-2024

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https://youtu.be/dbBzLaYthbY?si=4YvKc7VQPykPbnoM

While the HOST wanted to know about the BIO-ELECTRICITY, the whole discussion was on CANCER.

Now, Diabetes, hyperacidity or gastroparesis, and CANCER are lifestyle-related issues, and solving them through ALLOPATHIC MEDICINES is NOT POSSIBLE.

We have to take the "**FOOD AS MEDICINE approach as practiced in AYURVEDA**, the ancient medical system that BHARAT/India has since thousands of years", to solve all of these LIFESTYLE-related issues.

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NOW, CANCER as I UNDERSTAND, is due to the "**CHANGE IN PH level on the acidic side"** and hence the HOLISTIC approach to bring the internal body system PH levels that create an ALKALINE environment is the way forward for all of these issues like Diabetes, hyperacidity or gastroparesis, and CANCER. **Also, there is TRIPHALA in our ancient ayurvedic medical system practiced in India/BHARAT that can be MODIFIED to work like "PRO-KINETIC" to speed up the motility aka digestion of the stomach. Use PINK/GREY/BLACK alkaline salt more often.**

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Simply quitting an Acidic food lifestyle, quitting MILK, RED MEAT, SUGAR, All processed foods, white flour, and Chinese acidic sauces shall STOP the further growth of these lifestyle-related issues that include Diabetes, hyperacidity or gastroparesis, and CANCER.

EAT more ALKALINE category foods, wheatgrass powder juices, green smoothies, LEMON/LIME juices, and carrot juices on a regular/Daily basis shall STOP and CURE all of these issues mentioned above.

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The HOLISTIC approach that involves BREATHING EXERCISES that bring OXYGEN to the blood and cells, healthy vegan foods, quitting of ACIDIC FOODS category items, along stress management shall cure any of the lifestyle diseases.

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JUST FOR YOUR INFORMATION, I have been able to CURE from the ROOT "GASTRO PARESIS/Hyperacidity and DIABETES type-2, that you people in the medical industry call IDEOPATHIC [and why not? because these are created and sustained by the VERY PILLS that you prescribe). The medical industry must change the mindset from seeing patients as money makers to providing REAL CURE instead of the management of disease protocol you practice for commercial interests.

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I ask all the scientists to understand the ANATOMY of MEDICAL PILLS and you all will be HORRIFIED to know that these pills are DESIGNED EXPLICITLY to sustain the disease and NOT CURE them. I am a SOFTWARE PROGRAMMER and can make out/understand the DESIGN of programs or pills just by reading their behavior and written functions, and I was horrified to find ACID BLOCKERS actually enhancing and progressing the acid issues rather than bringing them down or curing them, and then same was found for DIABETES type-2 PILLS. This DELIBERATE mechanism to create and sustain diseases is CRIMINAL in my view.

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https://youtu.be/dbBzLaYthbY?si=4YvKc7VQPykPbnoM

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ONE MENTAL STATE as in human beings or ONE COMMON_MENTAL_STATE TEST [Planarian, salamander, Starfish] : Sep-10-2024

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Subject: In response to " Michael Levin - Agential Interventions: From Diverse Intelligence to Next-generation Biomedicine"

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https://youtu.be/OnMPtN2ULVE?si=dA2q--wZcnTQrlWU

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The only EXPLANATION that comes into my mind about **Planarian, salamander, Starfish** are able to regenerate/rebuild their limbs may be due to the fact that they possess "COMMON, ONE MENTAL STATES across all the living material-state_FORMS of these creatures in their specific category.

.

That means, IF ONE "Planarian" was taught to hunt for food, all the other Planarians are awarded this added feature to all the living material-form-bodies for these creatures. I mean you train ONE Planarian and you have trained ALL the other Planarians. This is because UNLIKE HUMAN_BEINGS who collect EGO_CONSCIOUSNESS with respect to their material-form-body, in the case of these creatures, there is ONLY ONE COMMMON_MENTAL STATE that connects to all the material-form-bodies of these creatures in their specific category.

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In HUMAN BEINGS; EGO_MENTAL STATES = EGO_CONSCIOUSNESSES (belongs to ONE specific body)

In PLANARIAN; ONE COMMON_MENTAL STATES (belongs to ALL the material-form-bodies for all the PLANARIAN anywhere in the world)

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NOTE: However there is a possibility that RENEWED COMMON_MENTAL STATES are TRANSFERED to only the NEW PLANARAIAN forms or when the specific planarian regenrated the limbs due to some fracture across the body. That means COMMON_MENTAL_STATES are refreshed only to the new bodies being born, or when the current materail-form-body went through regeneration due to broken body parts or limbs.

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The following TEST can be done to confirm this:

0) Take 2 different PLANARIAN bodies.

1) Train one planarian, TRAIN it to hunt food, break it into several pieces, and observe if all the NEW regenerated planarians can hunt food as trained earlier?

2) Observe, if the 2nd planarian that was untouched, but after the step 1 process where 1'st planarian was trained, broken and regenerated if the 2nd planarian is ALSO able to hunt the food as trained to 1'st planarian?. If 2nd planarian is able to hunt food without regeneration, then, this confirms,

that COMMON mental states are transferred to all the bodies when any of the planarians goes through the regeneration process.

3) Now, Break the 2nd UNTRAINED planarian and let it regenerate. See if the newly regenerated planarian is able to hunt food as trained to 1st planarian.

If the test results come out TRUE for step 3 then the ONE COMMON_MENTAL STATES is confirmed for all these creatures in their specific category. This also confirms that COMMON mental states are transferred to all the bodies only is they go through the regeneration process.

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CONCLUSION:
MIND/mental states is an aggregate/collection of all the accumulated EGO_consciousnesses in the case of human beings.

MIND/mental states in the case of [Planarian, salamander, Starfish] is COMMON to all the material-form-bodies for the creature in specific categories that are able to REGENERATE their bodies.

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Subject: In response to " Michael Levin - Agential Interventions: From Diverse Intelligence to Next-generation Biomedicine"

https://youtu.be/OnMPtN2ULVE?si=dA2q--wZcnTQrlWU

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Let's talk about Reincarnation ANATOMY [Normal Death V/S Brain Death] - Sep-12-2024

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Monks,

The following video is a PERFECT EXAMPLE of Reincarnation:

Little Child #Reincarnation - Pastlife.. Fighter plane Pilot Experience

https://youtu.be/yN_D0M3wJsQ?si=TZXz839D_UZMl464

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Let's explore this Reincarnation example:

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Monks, In the case of DEATH of the Material-Form_Body, that the SOUL acquires, all the accumulated EGO_CONSCIOUSNESSES aka SENSE IMPRESSIONS are WIPED OUT at the time of normal death where the heart stopped functioning and the brain was intact.

Here, the ROLE OF the BRAIN IS VERY IMPORTANT as this is the organ that is the BROKER/intermediary between the QUANTUM and the MATERIAL WORLD, or in other words, the broker between our SOUL_existence_Model and the MATERIAL_FORM_BODY.

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At the time of a NORMAL DEATH, where the heart has stopped functioning and the BRAIN is INTACT, all the accumulated EGO_CONSCIOUSNESSES (sense impressions) and MATERIAL_CONSCIOUSNESSES (Kidney, liver, heart), ARISE one by one, MAKE CONTACT with the BRAIN to inform it of its death, and thus, brain flags one by one, these organs as NON EXISTENT and thus wipes them out from the accumulated MENTAL STATES tied to the material-form-body.

.

WE ALL KNOW that DURING THE DEATH, in the last 2 minutes after the heart has stopped functioning, there is a NEURONAL FRENZY inside the BRAIN and that is because, one by one all the organs are being WIPED OUT from the MENTAL STATES tied to the material-form, as the BRAIN flags/reports each organ as non-existent, informing this status to our existenc_model aka SOUL aka WITNESS_COSNCIOUSNESS and EGO_Cosnciousnesses that are the ELEMENTS of the SOUL (Inner vision, wisdom with GUNA's, WITNESS_COSNCIOUSNESS and EGO_Cosnciousnesses).

.

ONLY the STRONGEST CONSCIOUSNESS that shall be the CAUSE for the NEXT BIRTH or next acquiring of new material-form-body by the SOUL is carried forward through the WITNESS_Consciousness. All the EGO_Consciousnesses are wiped out in the case of NORMAL DEATH where the BRAIN is INTACT. Or, we can say that EGO_Consciousness after the

death of the body, holds only the STRONGEST Consciousnesses that shall be the cause of the NEXT BIRTH.

.

Now, why does the BOY, in the example video, remember all the PILOT PLANE instructions carried forward from the previous birth as you see in the VIDEO EXAMPLE?

Little Child #Reincarnation - Pastlife.. Fighter plane Pilot Experience

https://youtu.be/yN_D0M3wJsQ?si=TZXz839D_UZMl464

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The SOUL, in its present AVATAR that has acquired this BOY's BODY, has carried forward all the PILOT PLANE-related knowledge to this new birth as the SOUL in its previous AVATAR was witness to the AVATAR BODY dying due to the BRAIN DAMAGE during the time of DEATH, and as the BRAIN is the BROKER/**intermediary** between the SOUL and material-body, the FINAL STEPS of WIPING out of EGO_Cosnciousness were NOT completed by the BRAIN, as the BRAIN itself was cause of the DEATH.

.

Thus, in this case, the WHOLE LOAD OF EGO_Cosnciousness or MENTAL STATES from the previous birth AVATAR were carried forward to the NEXT BIRTH on account of no initialization of EGO_Cosnciousnesses, and that is why you see that BOY remembers all the pilot plane details, while he is still a toddler or a young teen.

.

In the case of normal death, all ego_Consciousnesses are initialized to ZERO and there is NO carry forward of material World knowledge that was accumulated. So you forget your parents, relatives, work, friends and so on. ONLY THE WISDOM and GUNA's that were accumulated are carried forward to the next birth in the case of NORMAL death of present AVATAR. In the case of BRAIN DEATH, the entire bulk load of EGO_Consciousnesses are carried forward to the next birth and that is why you see these teens remembering previous birth details.

PS: And; If you question, why does the BOY remember only the aeroplane RELATED DETAILS?

Then, the answer is that the objects, when they come in CONTACT [through SENSE BASES] with the BRAIN, all the related DATA is refreshed and brought to the AWARENESS. In this example, as soon as the boy was given an “airplane” as a toy, his memory from his past life got refreshed.

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MENTAL STATES (SWARMS, BEES) Common_Mental_States Confirmed- Sep-23-2024

++++++++++++++ **#Cosnciuousness**

Reference URL: Michael Levin: The electrical blueprints that orchestrate life | TED

https://youtu.be/XheAMrS8Q1c?si=1TLMbPKeTp7HyNCv

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When I wrote about the COMMON_MENTAL_TEST script for PLANARIANS, all I knew was that PLANARIANS could be trained to hunt food (Bernardo Kastrup was talking about this example).

Looking at the video mentioned above, It is confirmed that there is the occurrence of COMMON_MENTAL_SATES in some creatures like PLANARIAN, BEES, SWARMS, and many other animals. Some of these creatures possess REGEENRATVE SKILLS as per the COMMON_MENTAL_STATE_FEATURE assigned to them.

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MENTAL STATES = EXISTENCE MODEL aka SOUL aka AWARENESS Model

Where Consciousness = Ego_Consciousnesses (Accumulated sense impressions [EX: hunting food teachings]) + material-form-body_Cosnciuousness [bodily features default + Updated through experiments as in the case of PLANARIAN]

And, ONE MENTAL STATE belongs to ONE material-form-body (In the case of Humans)

Whereas, COMMON MENTAL STATE belongs to SEVERAL dis-associated-material-form-bodies (Swarms, Bees, PLANARIAN)

.

And, that explains why thousands of birds forming shapes and flying together in thousands of numbers do not collide with each other as THESE ARE DIS-ASSOCIATED BODIES with ONE COMMON MENTAL STATE that guides them during their flight.

.

The QUESTION then arises is that, do they have COMMON_AWARENESS too? Are these creatures with COMMON_MENTAL_STATES, simply BODIES that are ZOMBIE, DO NOT EXPERIENCE QUALIA, but are governed by ONE_COMMON_MENTAL_STATE that drives them?

.

Because, only when these SWARMS have COMMON_AWARENESS, there is a possibility of them not colliding during swarm behaviours as these are simply dis-associated bodies with one common mental state that drives them, as is in the case of HUMANS, one hand rarely collides with each other, and the same is for LEGS, as these are governed by EGO_awareness model.

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With PLANARIAN regeneration and common-mental-states test script, We already established that REGENERATION/New Borns causes UPDATED_COMMON_MENTAL_STATES to be transferred to the material-form-body.

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Reference URL: Michael Levin: The electrical blueprints that orchestrate life | TED

https://youtu.be/XheAMrS8Q1c?si=1TLMbPKeTp7HyNCv

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Schrödinger's Cat[wave collapse in the context of tinnitus]-sep-22-2024 // Understanding "wave collapse" through the example of TINNITUS.

Schrödinger's Cat[wave collapse in the context of tinnitus]-sep-22-2024 // Understanding "wave collapse" through the example of TINNITUS.

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In the case of TINNITUS, the tinnitus voice is a result of FILTER through which the neuronal activity aka the PHANTOM VOICE passes. Thus, tinnitus voice is translated PHANTOM VOICES when it passes through the COCHLEA which is the hearing device/filter of the EAR. What this means,that, Tinnitus voice EXISTS ONLY WHEN IT FILTERS through the COCHLEA/EAR, otherwise there exists NO TINNITUS VOICE. If one stops or Ignores hearing through the ears, there exists NO TINNITUS.

.

Schrödinger's Cat, as a thought experiment, states that if you seal a cat in the box with something that can eventually kill it, you won't know if the cat is alive, or dead, until you open the box. So, until you open the box, and observe the cat, the cat is simultaneously dead and alive.

BUT THE POINT here is, WHAT IS THE FILTER that will be used to observe this phenomenon ?

.

With the example of TINNITUS; If One observes phantom voices through EYE or other filters, will you hear tinnitus voice? NO. **Only in the case where filter was COCHLEA/EAR, the OBSERVATION of phantom voice through the EAR/COCHLEA turned phantom voices into tinnitus voices.**

.

In the SAME WAY, ELECTRONS are visible when one observes what is purely a "WAVE" in the original avatar, then the question is WHAT FILTER was used to observe the WAVE?

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Thus, what we get as a RESULT of OBSERVATION through a specific filter, is nothing but just SYMBOLS as observed through SPECIFIC FILTER that was used to observe the phenomenon.

The result of what SYMBOLS will be available depends on the FILTER that is used to observe these.

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DANGERS/GAINS OF Realization/Enlightenment through Spiritual path v/s scientific/Intellectual idealism: Sep-28-2024

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I have to come again and write this for those who are writing books after getting enlightened through the TEXT that was purely an ORGANIC SPIRITUAL PROCESS that completed the cycle of DHAMMA GUIDELINES while reaching towards the step-by-step path towards enlightenment and Self Realization, where I have put around the 5-6 years of my blood and sweat to go through the DHAMMA PROCESSES which has cost me at least 2 episodes of life-threatening experiences when one gets caught in dhamma process that were not followed properly.
.
The WORK or TEXT that I WRITE, has inspired you all ONLY BECAUSE it comes from the person who has gone through it NOT ONLY at an INTELLECTUAL LEVEL OF UNDERSTANDING but based on Self EXPERIENCE by following and applying DHAMMA TECHNIQUES on MY OWN BODY several times in a day, 24/7 for 5-6 years.
.
Now, I have reiterated a few times in the PAST, that, SPIRITUAL PATH or WORK shall be spread by "EMINENT BEINGS" in whatever way or form even if it is copied, as long as the INTENTIONS are right, and, I am very happy that the SPIRITUAL PATH TO Self Realization TEXT I wrote, is being spread and adopted all over the world by many spiritual organizations, scientists and psychiatrists and so on. So, in effect what this means is that I have NO ISSUES if my work is being copied and spread as long as it is being done in the right spirit, as I believe that some of you have been the real reason that my work has got adapted and is being used for spiritual enlightenment which otherwise would have most probably reached only to few people if NOT taken and adapted by eminent people that you all are in your respective fields, YES, I am very glad that you guys are spreading my work through your books and other means(Podcasts, etc)
.
Now, I HAVE TO TELL YOU THIS, the INTELLECTUAL PATH towards Self-realization and Enlightenment towards AWARENESS MODEL of our existence, that shall be otherwise reached through SPIRITUAL MEANS and GUIDELINES and by following DHAMMA techniques, MAY END UP CREATING Psychopaths, NARCISSISTS and SOCIOPATHS if understood only at intellectual levels by reading

books written by those who have not gone through the Self-experience, as I believe that ENLIGHTENMENT and Self Realization that brings us towards our understanding of AWARENESS MODEL OF EXISTENCE, which DISSOLVES THE EGO as the END OUTCOME, should have been reached purely by the spiritual path and NOT just by INTELLECTUAL PATH and by reading BOOKS that you eminent people are writing purely based on intellectual understanding of the same.

.

Can you IMAGINE RADICALS passing on this INFO to their group to TRAIN THEM to blow themselves up with the belief that the AWARENESS MODEL or MENTAL STATES actually drives the EGO or PHYSICAL PRESENCE in the form of material bodies and that this body is simply a ZOMBIE or a ROBOT? And, this may happen because the knowledge was gained through INTELLECTUAL MEANS and NOT by following DHAMMA GUIDELINES.

.

It is in your and society's interest to PRESERVE THE ORIGINAL WORK that has been the real reason for your INSPIRATION, as I firmly believe that YOUR BOOKS will only bring INTELLECTUAL INFORMATION to the people and will NOT ENLIGHTEN THEM in the RIGHT WAY. There is a high chance that your books MAY END UP CREATING Psychopaths, NARCISSISTS, and SOCIOPATHS who have suddenly realized that this BODY or EGO is an ILLUSION and that our real existence lies somewhere else, so let's NOT WORRY ABOUT this space and time-constrained MATERIAL WORLD. If they had followed DHAMMA techniques, they would have been informed about the CYCLE OF KARMA that would have prevented them from becoming "Psychopaths, NARCISSISTS and SOCIOPATHS', but reaching realization through INTELLECTUAL PROCESS and SCIENTIFIC IDEALISM or your BOOKS that are SIMPLY a COPY of information you get from eastern philosophy or the original work of mine that has brought the EARTHQUAKE in the field OF SPIRITUAL AND SCIENTIFIC KNOWLEDGE, as far as understanding of CONSCIOUSNESS cognitive processes and AWARENESS MODEL that has been brought to ordinary beings through the process of Self Inquiry that was NOT PRESENTED as ORGANISED SUMMARISED versions as I have put it through my actual experience of self-realization processes.

.

CONCLUSION:

So, WHAT AM I TRYING TO SAY to summarise this all?

COME FORWARD TO PRESERVE THE ORIGINAL WORK OF MINE, as that is what is the REAL REASON OF YOUR ENLIGHTENMENT, and YOUR BOOKS will NOT bring realization to anyone in the right way. They will at best bring intellectual knowledge and may end up creating side effects of

Self-realization in a negative way as ordinary people may end up using this INFO of EGO DISSOLUTION to commit crimes as I see it.

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Example of DECAPITATED HEAD of SNAKE vis a vis MENTAL STATES - Sep-30-2024

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Subject Ref:- Twitter Video: Decapitated head of snake bites its body and felt it too

https://twitter.com/TheeDarkCircle/status/1840289043910717796

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NOTE: This is NOT the EXAMPLE OF ONE "COMMON" MENTAL STATE, where 'one mental state' is TIED to ALL THE living material forms in a specific category, for example, PLANARIAN.

This is the EXAMPLE of "ONE MENTAL STATE" for MATERIAL-FORM-BODY, even when material-body is broken into several pieces they continue to refer to the original mental states as if the body parts were not damaged and are STILL TREATED AS ONE.

.

Let's examine the MENTAL STATES of this example video where although the SNAKE HEAD is DECAPITATED from its BODY and as the "decapitated BODY" continues to writhe and make large twisting movements, it suddenly comes in CONTACT with the "decapitated HEAD" that was lying nearby. The DECAPITATED HEAD immediately BITES the DIS-ASSOCIATED BODY, which at the IMPACT OF SUDDEN BITE from its own decapitated head writhes or moves or proceeds with MORE twists and turns.

.

Now, In the above example, although the decapitated HEaD and the decapitated BODY, ARE SEPARATED, how do the BODY and the HEAD continue to behave as separate LIVING ENTITY? Are the MENTAL STATES for both 'the decapitated body' and the 'decapitated head' still the SAME or SEPARATED? How does the 'AWARENESS model'/**QUALIA** work in this scenario?

.

Please come out with your comments on this scenario.

.

In my opinion the BITE by the decapitated HEAD to the decapitated body, the QUALIA could be processed only if the MENTAL STATES are considering BOTH the dis-associated body and head as the ONE even after the separation. What this means is, that, although the BODY is decapitated into multiple pieces, they still are LINKED TO ONE MENTAL STATE for that specific animal-body-material-form, SNAKE, in this case.

.

POSSIBLE CONCLUSION:

This ILLUSTRATES that a BODY even if broken into MULTIPLE PIECES is still LINKED to ONE MENTAL STATE that belonged to the material-body-form, SNAKE in this case.

EACH SNAKE BODY has ONE MENTAL STATE, and when that SNAKE is broken into multiple bodies, they still are linked to ONE MENTAL STATE that originally belonged to the WHOLE SNAKE BODY.

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Subject Ref:- Twitter Video: Decapitated head of snake bites its body and felt it too

https://twitter.com/TheeDarkCircle/status/1840289043910717796

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The WRONGS use of word 'consciousness'/ CONFUSION about consciousness, awareness, volitional acts - Nov-4-2024

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I see many discussions where scientists and monks seem confused about the consciousness feature of inanimate objects [rock, a chair, a book, etc] or animate/sentient objects [senses to see and feel/QUALIA].
.
What is the AWARENESS MODEL?
AWARENESS [[Inner vision, WISDOM with GUNA's, WITNESS_FORM_CONSCIOUSNESS (Accumulated consciousness for several appearances of the soul or awareness model of existence),

EGO_cosnciousness (Material and non-self consciousness collected in present birth cycle of a the material-form)]]
.
What are mental states?
MENTAL STATES are the same as the AWARENESS model of existence, where quantum REALM EGO_material_cosnciousness projects the material form-BODY in the material world, whereas non-self_EGO_consciousness aka eGO-non-self-consciousness projects MIND or subtle body that belongs to the material-form in the present birth cycle.
.
Monks and scientists, both keep using the word "consciousness," whereas the right word to use is "awareness". The word consciousness applies to MATERIAL_REALM physical (Self) form and MATERIAL_REALM (Non_Self) form, 'aka the MIND'. The WORD AWARENESS/MENTAL STATES must be used when referring to QUANTUM REALM existence. If you continue to use the word consciousness for both material-REALM and QUANTUM REALM, then both of you are causing a big CONFUSION among listeners.
.
Let's again re-visit the meaning of what is CONSCIOUS and WHAT IS NOT CONSCIOUS:
EVERY OBJECT whether living-sentient or non-living-inanimate exists in 2 forms, COSNCIOUS_Material_Self (Material_world_Behaviour) and EGO_COSNCIOUSness_Non-Self (QU QUANTUM REALM/World behaviour)
Every object, living-sentient or non-living-inanimate exists in 2 forms/consciousnesses. 1-MATERIAL_cosnciousness and 2-EGO_cosnciousness and they both report to MENTAL STATES in the quantum world.
.
Let's consider the example of a ROCK [inanimate]. **Is the ROCK/MOUNTAIN CONSCIOUS?**
.
Now, CONSCIOUSNESS is the INHERENT PROPERTY of an object [inanimate or sentient], that makes it look and feel like 'that OBJECT'. That means all OBJECTS have CONSCIOUSNESS,.
THE ROCK IS A ROCK because it has properties of sand, dust, minerals, and hardness that make it look and feel like a ROCK.
MOUNTAINS is a MOUNTAIN because it has properties of sand, dust, minerals, and hardness that make it look and feel like a MOUNTAIN.

NAME-FORM_Self is a "NAME-FORM_Self", because it has properties that make it look and feel like a NAME-FORM_Self (BEINGS/Animals, Insects, plants).
.
The CONSCIOUSNESS in the form of "material-Self" is the material world properties of the object.

The CONSCIOUSNESS in the form of NON-material-Self (No_Self/MIND) is the Non_Self (Quantum world) properties of the object.

.

The ACTUAL question that is NOW to be asked is, whether the ROCK or MOUNTAIN has AWARENESS?

.

Since the material world is a projection of the EXISTENCE MODEL aka MENTAL STATES, we can SAFELY SAY that all objects living-sentient or non-living-inanimate, have AWARENESS, since they are ACTUALLY BEING DIRECTED BY THE QUANTUM WORLD MODEL of the EXISTENCE. This is further qualified by the fact that the WHOLE PURPOSE OF the QUANTUM existence model is to EXPERIENCE the QUALIA coming out of material world's EGO existence, and therefore that is only possible when all objects whether inanimate or sentient have AWARENESS model available at the QUANTUM WORLD and they are able to experience the QUALIA.

.

But the NEXT REAL FINAL QUESTION is; **DO inanimate objects perform VOLITIONAL ACTS (Mental, verbal, or physical reactions) upon experience of the QUALIA?**

.

Here we can safely conclude that the VOLITIONAL ACTS can ONLY be performed by the "sentient" objects. FISH reacts to the TOUCH and runs away. All Animals react to the touch and perform volitional acts. Some PLANTS perform volitional Acts when subjected to the TOUCH. MOUNTAINS DO NOT perform volitional acts. ROCKS do not perform volitional acts **(Mental, verbal, or physical reactions)**.

.

Thus, we can now conclude that ALL objects (Living or inanimate have CONSCIOUSNESS)
All OBJECTS inanimate or sentient have AWARENESS since the whole purpose of creating objects in the material world directed by mental states is to experience the QUALIA and that would not be possible without the AWARENESS MODEL existing at the QUANTUM REALM for that specific object.

.

Only animate/sentient objects Including Living beings/ANIMALS/INSECTS and PLANTS are capable of VOLITIONAL ACTS upon experiencing the QUALIA.
The inanimate objects [rock, a chair, a book, etc] DO NOT perform VOLITIONAL ACTS.

.

Thus, it FINALLY comes down to the question, of whether an OBJECT can perform VOLITIONAL ACTS upon experiencing the QUALIA.

.

THEREFORE MONKS and SCIENTISTS, where there is a need to SAY the WORD AWARENESS/MENTAL STATES/existence model, please DO NOT use the word 'consciousness' as that confuses common people.

.

CONCLUSION:
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every object, living-sentient or non-living-inanimate exists in 2 forms/consciousnesses. 1-MATERIAL_cosnciousness and 2-EGO_cosnciousness, and they both report to MENTAL STATES in the quantum world.
ALL objects (Living or inanimate have CONSCIOUSNESS / are CONSCIOUS)
All OBJECTS inanimate or sentient have AWARENESS/MENTAL STATES (experience QUALIA at quantum REALM)
Only animate/sentient objects Including Living beings/ANIMALS/INSECTS and PLANTS are capable of VOLITIONAL ACTS upon experiencing the QUALIA.
The inanimate objects [rock, a chair, a book, etc] DO NOT perform VOLITIONAL ACTS (Mental, verbal, or physical reactions).
.
THEREFORE MONKS and SCIENTISTS, where there is a need to SAY the WORD AWARENESS/MENTAL STATES/existence model, please DO NOT use the word 'consciousness' as that confuses common people.

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The WORLD as MENTAL STATES- Nov-18-2024
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Cartesianism upholds a metaphysical dualism of mind and matter.
Monks;

The existence model resides in QUANTUM REALM.

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The existence model **HINDI** - □□□□□/□□□□□= ((□□□□□ = { □□, □□□□□□, □□□□□ □□ □□□□□□ }))

.
The existence model **ENGLISH** - AWARENESS = SOUL=
{{ **Inner_vision_□□** + **WISDOM_□□□□□□** with GUNA's
+ **Observer/Witness Consciousness_□□□□□** [accumulated over several life cycles appearences] + **□□□□□□_EGO Consciousness** [Present Birth/life

cycle) }}
.
MENTAL STATES are a cartesian of Ego_Material_Consciousness_GROSSBody + Ego_Consciousness_SubtleBody, as projected/represented in the present life/birth cycle in the material world, and is carved out of EGO Consciousness from the existence model.

.
The MATERIAL WORLD is therefore, a reflection or projection of the MENTAL STATES carved out of EGO_MaterialBody_Consciousness (creates Gross Body) + Ego_SubtleBody_Consciousness (creates subtle or shadow represented from □□□□□□_**EGO Consciousness from the existence model existing in the QUANTUM REALM**).
.
.
Monks,
Why do we call FLOWER as FLOWER? because, it gives us experience of the FLOWER, FLOWER_QUALIA to the AWARENESS.
Why do we call ROCK as ROCK? because, it gives us experience of the ROCK, ROCK_QUALIA to the AWARENESS.
.
Monks, All the Material World OBJECTS exists in the form of OBJECT_Consciousness and they are representations of MENTAL STATES that exist in QUANTUM REALM for each of the OBJECTS. Some of these OBJECTS have COMMON_MENTAL_STATES, while others may have one_to_one relationship with MENTAL STATES having specific mental states as is in the case of HUMAN BEINGS.
.
Thus, ROCK is Conscious, and MOUNTAINS are Conscious (inanimate Consciousness), and similarly, BEINGS are Conscious ("sentient"), ANIMALS Are Conscious, PLANTS are Conscious, and so on.
.
EVERY REPRESENTATION that we see in the MATERIAL_WORLD is Conscious. They only differ in AWARENESS and Volitional Act features.

inanimate objects do not have AWARENESS and they can not perform volitional acts (Physical, mental, or verbal actions).
.
QUALIA can be born only out of Consciousness, therefore every object we come across in the material_world is first CONVERTED into the OBJECT_Consciousness and then further represented to the AWARENESS as QUALIA. Just like frames of pictures are first converted to movie format before being made available to the MOVIE SCREEN/DASHBOARD, in the same way, all the objects that are received by SENSES are first converted into The Consciousness before being made available to the AWARENESS in

the form of QUALIA.
.
Thus, FLOWER is first converted into FLOWER_Consciousness and is then reflected to the AWARENESS as a FLOWER_QUALIA.
Thus, ROCK is first converted into ROCK_Consciousness and is then reflected to AWARENESS as a ROCK_QUALIA.
.
CONCLUSION:
FLOWERS are Conscious, ROCKS are Conscious, MOUNTAINS are Conscious, and every material object that one comes across is therefore "Conscious". They only differ in AWARENESS and VOLITIONAL ACT features, either available fully or partially or NOT AVAILABLE et all.

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SLEEPWALKING v/s DREAM state- Dec-23-2024 //Is the material world simply a DISASSOCIATION_PROCESS?

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Monks;

There are VOLITIONAL ACTS we perform (Like walking and hand movements) where the AWARENESS is NOT FULLY ESTABLISHED about these volitional acts. We simply walk or perform hand and leg movements without REGISTERING the MEMORY for the same. Thus, NO RECORDS are maintained for WALKING and HAND MOVEMENT physical acts. We perform some physical acts in a state of flux without registering or creating any memory of the same.
.
NOW, SENSATIONS aka Bio-Chemical work (created on account of conditioned reactions towards phenomenon) OVERLAP MIND (Aggregate of ego consciousnesses collected over the life cycle of material-form-body) and MATTER (BODY)
Similarly, consciousnesses OVERLAP the MIND and the AWARENESS aka the existence aka MENTAL_STATES model.
.
Every DISASSOCIATION_PROCESS manifested during the life cycle of a BEING, therefore, OVERLAPS mind-body and awareness CONDITIONED by the 'existence or absence' of the "time and space realm".
.

Now Monks,
A DREAM STATE is where the physical_Self/sense-media are SUBDUED and

the THOUGHTS arise during the DEEP SLEEP STATE, "unconstrained by time and space", there is SIMPLY AN AWARENESS.

A DIS-ASSOCIATED DREAM-CONSCIOUSNESS conditioned by past un-resolved events or memories, or due to the arisen bodily sensations, manifests, performs its tasks in a DREAM-DISASSOCIATION and PERISHES, and we are RETURNED back to the AWARENESS. This DREAM dissociation is an example of The AWARENESS or EXISTENCE MODEL, creating DISASSOCIATION_PROCESS for a short period, and returning back to the AWARENESS or ExISTENCE MODEL upon completion of this Non_self_DISASSOCIATION_PROCESS "un-constrained by time and space". THIS IS a non-SELF manifestation that disappears after a while.
.
WAKING STATE is where all 5 sense media are AWAKE, constrained by time and space. Here the AWARENESS is constrained by time and space. The AWARENESS or EXISTENCE MODEL has created a DISASSOCIATION in the form of MATERIAL_BODY "constrained by time and space". The DISASSOCIATED-MATERIAL_FORM completes the DISASSOCIATION_PROCESS for the life cycle of the BODY (till DEATH), and is RETURNED back to the AWARENESS or ExISTENCE MODEL. THIS IS A PHYSICAL SELF-manifestation that disappears ONLY after DEATH of the body.
.
Monks,
There is ANOTHER STATE '"SLEEPWALKING STATE' that OVERLAPS the DREAM STATE and the WAKING STATE", where, although the BODY IS ASLEEP but NOT ASLEEP DEEP ENOUGH to perform DREAM SEQUENCE "unconstrained by time and space", and, as the BEINGS are used to performing this WALKING volitional act without REGISTERING THE AWARENESS of the SAME, the SLEEP WALKING process never registers any AWARENESS. But, if there were acts performed during the SLEEP WALKING state, like HURTING someone in that sleep-walking state, that HURTING ACT may be registered to the AWARENESS, but the AWARENESS will STILL NOT KNOW how it sleeps WALKED and reach another place to HARM SOMEONE. The SLEEP WALKING is performed in the time and space realm.

.
From the above example of WAKING and DREAMING states, can we then conclude that the AWARENESS or ExISTENCE MODEL creates DISASSOCIATION_PROCESS CONSTRAINED by the "time and space realm" for the WAKING STAGES and all other DISASSOCIATION_PROCESSES may either be "time and space CONSTRAINED" or un-constrained by the "time and space realm", depending on SLEEP PATTERN which is able to either subdue time and

space realm or NOT able to subdue time and space realm".
.

But the more pertinent question to discuss and contemplate is that;
If the EXISTENCE MODEL or AWARENESS is able to CREATE DISASSOCIATION_PROCESSES in DREAM STATE un-constrained by time and space,
AND,
If the same EXISTENCE MODEL or AWARENESS is able to CREATE DISASSOCIATION_PROCESSES in WALKING STATE constrained by time and space,
Then,
WE CAN CONCLUDE THE FOLLOWING:
That, WE ARE SIMPLY a Physical_Self_DISASSOCIATION_PROCESS and Non_Self_DISASSOCIATION_PROCESS created by the EXISTENCE MODEL or AWARENESS or MENTAL_STATES, either constrained or NOT constrained by time and space, and just like the completion of the Non_Self_DREAM STATE sends us back to the AWARENESS or EXISTENCE MODEL upon the completion of NOn_Self_DREAM_DISASSOCIATION_PROCESS, we the 'Physical Self' in time and space realm, Physical_Self_DISASSOCIATION_PROCESSES also FADE AWAY just like the Non_Self_DREAM PROCESS to RETURN BACK to the SOUL aka AWARENESS aka the EXPANDED MENTAL_STATES after the DEATH of the physical form.

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Reaching the PLATONIC SPACE by REVERSE ENGINEERING through QUALIA- Jan-1-2025 // Swapping/Hacking of PAIN QUALIA with another QUALIA

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Scientists and Monks;

The QUALIA is a SURE LINK that can be traversed backward to ENCODE THE AWARENESS model.

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In the MATERIAL WORLD, We are nothing but a PUPPET/Elf/Very Intelligent AI Robot/ Biological robots/avatars whose STRINGS are BEING controlled through PLATONIC SPACE/QUANTUM REALM where the MENTAL STATES/SOUL/AWARENESS/EXISTENCE model resides.

There are billions of the QUANTUM STRINGS that control the material body through every cell and I am very sure that we exist as a HOLOGRAM right at the PLATONIC SPACE being OBSERVED by the AWARENESS MODEL that exists in quantum/platonic REALM.

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Let's now find out how we can HACK or USE the QUALIA to traverse backward to reach the MENTAL STATES driving the PUPPET (that we are in the material world) at the QUANTUM LOCATION.

.

Let's CONSIDER a simple scenario or a VIRTUAL GAME, where a MENTAL STATE from PLATONIC SPACE is driving the PUPPET at the MATERIAL_WORLD, and every time this MENTAL_STATE commits a wrong action through the PUPPET, it gets ELECTRICAL SHOCK felt as QUALIA.

.

Or, Let's CONSIDER a simple scenario or a VIRTUAL GAME, where in a GAME, a "MAN" from PLATONIC SPACE is driving the PUPPET/Elf located at the MATERIAL_WORLD, and every time THIS MAN commits a wrong action through the PUPPET, he gets ELECTRICAL SHOCK.

Now this ELECTRICAL SHOCK CAN be designed to have multiple patterns, giving DIFFERENT experiences of ELECTRICAL SHOCK, every time a specific ERROR action is committed through the PUPPET as per the law of the GAME. Thus, the MAN gets an electrical shock in various ways and forms and patterns, designed specifically concerning the ERROR ACTION committed through the puppet as per the LAW OF THAT GAME. Just like a TINNITUS voice changes its pattern and is felt in various forms, from the scratching sound to regular pleasant sounds, sound patterns change suddenly at their own will, in the same way ELECTRICAL PATTERNS aka QUALIA can be decoded for various phenomena that are felt by the BEING in the material world.

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(The agony of tinnitus is ONE AREA I share with BERNARDO KASTRUP, and I know why BERNARDO thought of suicide when he faced tinnitus too because I went through similar qualia in the beginning when the tinnitus struck me the first time, although I am free from tinnitus [Tinnitus can be subdued to NIL state], YES, I asked my brother to research and find out the simplest way to die in case I can not take tinnitus anymore). But as usual, just like any

other medical issue I faced, I was able to find the solution to tinnitus, and I, am almost 99.99% free from it.)

.

What this means is that the QUALIA, which is defined as the FIRST PERSON EXPERIENCE of the specific PHENOMENON that a BEING goes through (Fear qualia, burn qualia, feeling of cold qualia, etc), and for each of these phenomena SPECIFIC PATTERN OF ELECTRIC CURRENT is being passed on through the NEURONS to the BRAIN, which are RECEIVED INTO THE BRAIN and from there they are RECEIVED by the PLATONIC MENTAL STATES, which in turn DECODES the specific electric current pattern received into the EXPERIENCE that the AWARENESS MODEL is made to felt.

.

The AWARENESS/EXISTENCE MODEL being fed the QUALIA for every phenomenon is an important aspect of keeping the PUPPET/Elf in a condition so that it survives for a long life. The AWARENESS MODEL takes action based on qualia experienced to keep the Elf/PUPPET safe for long life.

.

Thus for example; if the PUPPET is PUT in a FREEZER, immediately NEURONS with specific electrical patterns are fired to the BRAIN, from there these are received by the PLATONIC SPACE/AWARENESS model which decides what action to take so the PUPPET DOES NOT FREEZE to DEATh.

DURING this time electrical current PATTERN received through the NEURONS can be verified and recorded by the scientists with the LABEL '**COLD/FREEZE QUALIA ELECTRICAL PATTERN**'

.

Similarly putting an Elf/Puppet into a WARM/HOT space will send a specific electrical PATTERN to the brain which can be labeled as '**WARM/HOT QUALIA ELECTRICAL PATTERN'.**

.

In the same way, the "**PAIN ELECTRICAL QUALIA pattern"** may also be verified and decoded by the scientists.

.

Scientists can to start with, use only these THREE examples to find out the ELECTRICAL PATTERN that is being received in PAIN, Cold/FREEZE, and VERY HOT conditions to which the puppet is being EXPOSED, to determine the electrical pattern being received into the BRAIN.

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ONCE the QUALIA electrical pattern for these above 3 examples is IDENTIFIED, we can then HACK the QUALIA, by SWAPPING the PAIN qualia with the lower intensity version of COLD electrical pattern, and thus REPLACE the PAIN KILLER medicines with HACKED QUALIA of cold feeling at the PAIN affected body part.

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Transcending the Self_QUALIA and Non-Self QUALIA - Jan-19-2025
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The existence model resides in QUANTUM REALM.
The existence model HINDI - □□□□□/□□□□□ = ((□□□□□ = { □□, □□□□□□, □□□□□ □□ □□□□□□ }))
The existence model ENGLISH - AWARENESS = SOUL= {{ Inner_vision_□□ + WISDOM_□□□□□□ with GUNA's + Observer/Witness Consciousness_□□□□□ [accumulated over several life cycles appearances] + □□□□□□_EGO Consciousness [Present Birth/life cycle) }}
*/
Monks,
While the revered BUDDHA talked about the Mind-Body-Phenomenon and learning to OBJECTIVELY observe SENSATIONS with EQUANIMITY, seeing SENSATIONS as a base to resolve mind-body phenomenon, those of us who have Self-Realized and have understood their TRUE EXISTENCE as the

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□□, □□□□□□, □□□□□ □□ □□□□□□ aka Inner_vision_□□ + WISDOM_□□□□□□ with GUNA's + Observer/Witness Consciousness_□□□□□ [accumulated over several life cycles appearances of the SOUL model] + □□□□□□_EGO Consciousness [Present Birth/life cycle),
;
Can now safely move forward seeing the experience of the AVATAR that the existence/soul model has occupied as SIMPLY a QUALIA.
.

**** WE MUST UNDERSTAND clearly, that it is the SOUL that is having SENSE MEDIA EXPERIENCES (QUALIA) through the AVATAR or a physical form it has occupied in its present appearance ****

.

Monks
The SPIRIT or the SOUL AVATAR that has occupied the HUMAN BLOOD AND FLESH material body form is having SENSE-MEDIA experience through the material-body form known as QUALIA.
If you have REALIZED YOUR TRUE NATURE of the EXISTENCE, then, you are simply having experience of QUALIA that is coming out of the sense media of Physical_Self in the material world, as well as the QUALIA that arises out of the interaction of the AVATAR or Physical Self with OTHER AVATARS and worldly phenomenon that exists in the Material world.

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Monks,
There is a QUALIA that arises out of the sense media of the AVATAR that the soul has occupied in the material world, and then there is a QUALIA that arises out of the INTERACTION with the other AVATARS or FORMS occupied by other SOULS and WORLDLY PHENOMENON or WORLDLY INTERACTIONS in the material world.

.

Now, Monks, MENTAL CONTENTS are Non-SElf QUALIA having root in MIND aka aggregate of consciousness collected across the several birth cycles of a physical form, whereas QUALIA ARISING out of physical form is a Self_QUALIA having a base in material-form-body.

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Non_Self QUALIA (ANGER, Depression, fear, the feeling of disrespect, the feeling of humiliation, etc)have no substance and are simply a VISUAL IMAGE, VOID, EMPTY, experiences coming out of mental contents.
Self_QUALIA (Cut, Wound, feeling of hot or cold, feeling of burn, feeling of pain, etc) are a result of BIO_CHEMICAL WORK that happens in response to the REACTION towards Non-Self_Qualia OR real physical damage caused to material_body.

.

Non-Self QUALIA SIMPLY FADES AWAY as soon as the EXISTENCE MODEL aka the SOUL has LEARNED to observe these with EQUANIMITY and Objective detached observation techniques.
Simply observing the Non_Self_QUALIA maintaining objective observation and equanimity, FADES THEM AWAY within Seconds, when the Soul aka Monk is ALERT and observes and catches these during their exact arisings.

.

Thus, when someone disrespects you or humiliates you, a SOUL aka MONK does NOT start to wallow in the experience THROWN at him by the OTHER SOUL-BODY, he simply observes these with equanimity, KNOWS that the QUALIA of disrespect or humiliation is a MISERY that is being experienced

by the OTHER SOUL, and thus, he acknowledges the MISERY of the other soul and simply observes it with EQUANIMITY.

.
In the same way, THE SOUL, observes fear, anger, depression, and all the objects/forms/QUALIA that are presented to it through the material world, and are OBSERVED as "SIMPLY a QUALIA arising out of material world experiences". With this knowledge, the MONK or a SOUL remains STABLE, unperturbed by the experiences of the material world.
.

Monks,

FEAR as a QUALIA:

I, THE SOUL, as soon as see the FEAR arising, I the SOUL, now see this simply as a Non_Self_QUALIA or simply a QUALIA, and I the SOUL, boldly enter into the FIELD of FEAR_QUALIA through my inner vision, explore it to understand its features and observe it with EQUANIMITY, it simply fades away while I the SOUL, am still trying to explore it with EQUANIMITY.

.

DISRESPECT or HUMILIATION thrown by the other SOULS as a QUALIA:

As soon as the DISRESPECT or HUMILIATION is thrown at me by the other SOUL in worldly interactions or phenomenon, , I, THE SOUL, as soon as I see the "**DISRESPECT or HUMILIATION " being thrown at me by the other SOULS**, I the SOUL, now see this simply as a Non_Self_QUALIA or simply a QUALIA coming out of material-world-phenomenon, and I the SOUL, boldly enter into the FIELD of **DISRESPECT_HUMILIATION** _QUALIA through my inner vision, explore it to understand its features and observe it with EQUANIMITY, and it simply fades away while I the SOUL, RECOGNIZES it as a MISERY BEING FELT by the other soul, for, ONLY A MISERABLE SOUL having MISERABLE QUALIA can throw such a **DISRESPECT or HUMILIATION towards you the SOUL.**

.

and So on.

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